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## **Collecting, Storing, and Traveling with Breast Milk while your Baby is in the Hospital**

By pumping and storing your breast milk the safe way you are giving your baby the best of your breast milk.

### **General Instructions:**

- Wash hands with soap and water before pumping
- Clean all pump parts and bottles before using. Bottles in a sealed package are clean
- Do not touch the inside of the bottles when they are clean

### **Bottles for storage:**

- Use bottles provided by the hospital to store your milk. Breast milk for babies in the hospital should be stored in bottles. Leave enough room at the top of the bottle for the breast milk to expand as it freezes and place a lid on each bottle
- Please do not use storage bags to store or freeze breast milk while your baby is in the hospital. They cannot be put in the milk warmers and can spill easily
- Once your baby is home, you can store your milk in breast milk storage bags. Lay them flat for better storage

### **Labeling:**

- Label each bottle with a breast milk label given by staff. Put the date, time, and any medications you are taking on the label. Place a label on every bottle

### **Breast milk storage:**

When you start pumping, it is normal to only get a small amount of breast milk. Your supply should increase a few days after birth.

- When pumping both breasts, you may mix the milk from each breast into one bottle. Do not mix milk from different pumping times
- You may be asked to store your milk in small volumes of 30mls or less. This will change over time. Your Lactation Consultant will talk with you about the best way to store your breast milk
- Refrigerate or freeze milk right after pumping
- When away from the hospital, put milk in the refrigerator and bring it to the hospital in a cooler bag with a freezer pack to keep it cold

There may be a time you are asked to store your milk at home or at the Ronald McDonald House. If this happens, you will freeze your milk after pumping.

- If you are away from the hospital for more than two days, you will need to freeze your milk after pumping. Do not let it thaw when returning to the hospital
- When you store breast milk in a freezer, do not store in the door. Put milk on a shelf near the back of the freezer. This will keep the milk from thawing when opening and closing the door

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**Traveling with cold or frozen breast milk:**

- Frozen milk should stay frozen during traveling. If milk thaws more than 50%, it cannot be refrozen and must be used within 24 hours
- Pack frozen milk tightly in a cooler or breast milk storage box for traveling. Ways to pack the cooler tightly are: use towels for packing, frozen blue ice and soft packs of ice. \*Do not use wet ice as this may thaw the frozen milk.
- If you are pumping away from home, keep the breast milk in a cooler with a frozen blue ice pack or in a refrigerator until you get home. Be sure to place the milk in the refrigerator or freezer as soon as you can

**Hospital Storage Instructions**

	Room Temp	Refrigerator	Freezer
Freshly Pumped	Do Not Keep at Room Temperature (if no refrigerator is available, can be kept up to 4 hours at room temperature)	48 Hours (Can be placed in freezer if not used within 48 hours.)	Up to 3 months, older milk can be used with a doctor's order
Previously Frozen	Up to 4 hours if thawed in refrigerator but not warmed	24 hours after thawed (it takes approximately 24 hours to thaw a 60ml bottle in the refrigerator.)	Do Not Freeze

**Please call the Breastfeeding and Pumping Helpline (816) 346-1309 if you have questions or concerns once you get home**

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