Handling Donor Milk in the Hospital

RECEIVING

CHECK YOUR ORDER

- Check bottles for freezing and damage.
- Verify batch numbers and bottle count against the packing slip.
- Contact us at 615-933-8877 ext. 5 for any discrepancies or concerns.

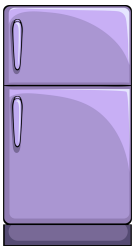
FREEZE THE MILK

- Place bottles in the freezer right away.
- Check expiration dates on new and existing bottles; use those expiring soon first. Expiration date will vary for each batch.

Frozen donor human milk should be stored in a freezer that is maintained at a temperature no higher than -18°C or 0°F.

THAWING

Document the method, date, and time of defrosting.



PREFERRED METHOD: REFRIGERATOR

- Place the milk you plan to use in one day in the refrigerator. It will take 12-24 hours to thaw. Refrigerator temperature should be maintained at less than 4°C or 40°F.
- Milk is fully thawed when there are NO ice crystals present.

QUICK METHODS:

- Place milk in a clean bowl of warm water, keeping water level below the bottle lid. As the water cools, replace with warm water. Swirl the bottle gently as the milk thaws. Thaw just enough to be pourable, but still cold.
- Hold the bottle under cool, running tap water, gradually increasing the temperature to body temperature.
- OR place bottle in a warmer for thawing breast milk.

Donor milk must be used within 48 hours of thawing if kept in the refrigerator. Fortified donor milk bust be used within 24 hours.
PDHM cannot be refrozen after thawing.

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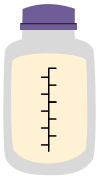
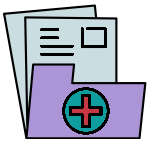
PREPARING

- Wash hands, use gloves, and conduct milk transfer in a dedicated and/or sanitized area.



- Always use fully thawed bottles of milk for preparations.
- Thawed milk will separate as the fat forms a layer on top. Before serving, gently swirl the thawed donor milk.
- A single bottle can be utilized for multiple feedings by drawing feedings with a sterile syringe or pouring from the bottle into another clean bottle
- If donor milk is remaining, recap the bottle and immediately place it in refrigerator for later use.

- Hospital warming methods and practices should be followed at all times.
- Only warm the amount needed for a feeding, ensuring it does not exceed 37° C (98.6° F)



- Hospital expiration time frames once warmed, should be followed at all times.
- Log the feeding according to your hospital's record system.
  - Always include the batch and lot number on the milk bottle in your records.

Do not thaw or heat milk in the mircrowave.
Do not thaw milk at room temperature.

ADDITIONAL RESOURCES AVAILABLE

Please visit HMBANA.org to access more resources including HMBANA Standards for Donor Human Milk that is available to the public and piblications such as *Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes, and Childcare Settings.*

Mothers' Milk Bank Southeast
2909 Old Fort Pkwy, Suite 105, Murfreesboro, TN 37128 | 615-933-8877 | mymilkbank.org

PDHM Storage Guidelines

Product and Condition	Location and Temperature	Length of Time
Frozen Pasteurized Donor Human Milk (PDHM)	Freezer *Temperature should be at or below -18° C (0° F) until ready for use*	Until expiration date listed on the batch label
PDHM Placed in the Refridgerator for Thawing	Refrigerator *Temperature should be at or below 4° C (40° F)*	12-24 hours for PDHM to thaw in the refrigerator
PDHM After Thawing (no ice crystals present)	Refrigerator *Temperature should be at or below 4° C (40° F)*	May be used up to 48 hours after thawing
Fortified PDHM	Refrigerator *Temperature should be at or below 4° C (40° F)*	Must be used within 24 hours after thawing
Previously frozen PDHM, thawed and warmed to room temperature	Room *Temperature should be at or below 25° C (77° F)*	Must be used within 2 hours
For continuous feedings: previously frozen, thawed PDHM	Room *Temperature should be at or below 25° C (77° F)*	Must be used within 4 hours
Warmed PDHM for Feeding	Bottle Warmer or Hospital Method for Warming *Temperature should never exceed 37° C (98.6° F)*	Must be used within 2 hours

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