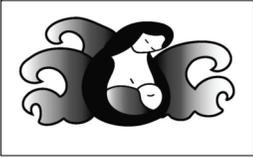


Breastmilk Storage



Tidewater Lactation Group, Inc.
207 Business Park Dr, Ste 101
Virginia Beach VA 23462

Need more help?

If you have additional questions about breastfeeding or the services offered through Tidewater Lactation Group, Inc., please call our office.

Call: 757-422-5502

© 2007 TLG
Used with Permission

Your expressed breastmilk protects your baby against illness and promotes proper growth and development. Expressed breastmilk can be thought of as a fresh, living substance; it is more than just a food. You will need to take good care of the milk you pump, as how it is stored will affect how well the nutritional and anti-infective qualities are preserved.

Containers for Storage

- Hard-sided containers, glass or plastic, protect the milk, and are a one-time expense. However they are bulky and can take up a lot of room to store. They should have well-fitting solid tops and be washed in hot, soapy water and rinsed well before use.
- Plastic milk storage bags, made for freezing and storing human milk, are convenient and take up less room for storage. However, they are a one-time use product and cannot be reused, and are expensive. They can be attached directly to the breast pump for easier collection and storage in the same container.
- Do not fill either hard-sided containers or milk storage bags more than $\frac{3}{4}$ full to allow the milk to expand as it freezes. Squeeze out the air in milk storage bags before sealing.
- Label every container of milk with the date of expression and your baby's name, with a sticky label or non-toxic marker.

Storing Breast Milk and Storage Times

- Store expressed breastmilk in "feeding sized" quantities (2-4 ounces) to minimize waste and make thawing easier.
- You can add freshly expressed milk to frozen milk after chilling it in the refrigerator (or cooler compartment) for at least 30 minutes.
- Place your expressed milk in the coldest part of the refrigerator or freezer, away from the door.

Type of Milk & Storage Area	Temperature	Storage Time
Freshly Expressed Milk		
Room temperature	79°F / 26°C	4-6 hours
Insulated cooler & frozen gel packs	60°F / 15°C	24 hours
Refrigerated Milk		
Fresh	32-39°F / 0-4°C	8 days
Thawed	32-39°F / 0-4°C	24 hours
Frozen Milk		
Freezer compartment	-4°F / -20°C	3-6 months
Separate deep freeze	0°F / -19°C	6-12 months

Using Stored Milk

- Refrigerated, not frozen milk is best, if at all possible.
- Always use the oldest stored breast milk first.
- Thaw frozen milk overnight in the refrigerator, or place in a bowl of lukewarm water or under running cool water, do not leave human milk out to thaw at room temperature.
- Never thaw milk under hot water or on the stove or in the microwave-this can create "hot spots" that can burn your baby's mouth. High temperatures can also alter the composition of breastmilk causing many of its beneficial properties to be lost.
- Human milk separates into a 'milk' layer and a 'fat' layer when stored. Do not vigorously shake breast milk, swirl it gently to mix the layers of separated milk.



Your Complete Source for Breastfeeding Support

Milk Expression for the Nursing Mother



Tidewater Lactation Group, Inc.
6387 Center Dr., Suite 15
Norfolk, VA 23502

Need more help?

If you have additional questions about breast-feeding or the services offered through Tidewater Lactation Group, Inc., Please call our office.

Call: 757-642-4568

It takes training and practice to pump for quantity. Ask for help in selecting a good quality pump or with learning how to hand express.

1. Three basics of pumping for quantity are:
 - a. Pump every 2-3 hours during the waking hours and every 3-4 at night.
 - b. Switch sides during pumping or if you are using a double pump, stop midway through the pumping session and massage the breasts again. A combination of hand expression, pumping and massage is most efficient.
 - c. Pump regularly, don't skip days without it.
2. Before pumping, use warm, moist compresses – warm washcloths or disposable baby diapers saturated with warm water. Take a warm shower, immerse breasts in warm water, or just wet fingers with warm water before hand expressing.
3. Stimulate the nipples and massage breasts before pumping. Rub with the flat of your hand or try rolling the nipples gently between your fingers. Stimulate one nipple while pumping the other.
4. Wet the pump flange (helps seal and lubricate- warm water or drops of milk)
5. If you are using a hand pump or hand expression, pump with rhythm. Mimic baby's pattern with pauses in between pumping.
6. If your baby is at the breast, pump the other side while the baby nurses (this is the best way to get the most milk in the shortest amount of time and to learn to have a let-down with the pump)
7. Drink or eat when pumping to condition a let down.
8. Use a warm compress (sock full of rice warmed in the microwave) in the middle of your lower back. Have someone rub your back or shoulders.
9. Use all of your senses to imagine your baby (touch, smell, sight, hearing)
 - a. Imagine holding the baby in your arms
 - b. Hold the baby's blanket, toy or clothing (something that *smells* like baby)
 - c. Look at a picture of your baby
 - d. Call your caregiver before pumping to see how the baby is doing
 - e. Listen to music or a recording of your baby's voice
 - f. Read baby and parenting literature while you pump
 - g. Imagine your milk flowing
10. At the end of the pumping session, massage breasts and hand express the last few teaspoons of hindmilk into your container. This milk is high in calories.

If you are just beginning to pump for a hospitalized infant, remember it takes time to *learn* to pump and it takes time to bring your milk supply up. Take care of yourself, eat and drink well to keep your energy up, and be patient. If you are concerned that your supply has gone down after pumping well for a week or so, don't despair, it can increase again with more frequent pumping. If you are concerned, please call our lactation support team:

