

INSTRUCTIONS ON HANDLING FROZEN BANKED HUMAN MILK IN THE HOSPITAL

1. Upon delivery, please check the condition of the milk. Is it frozen? Are any bottles broken? If there are any problems, call Mothers' Milk Bank immediately.
2. Frozen banked donor milk will be stored in a freezer. Freezer temperature should be maintained at a temperature no higher than -20°C , or -4°F (based on *Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes, and Child Care Settings*, 2011, Human Milk Banking Association of North America).
3. Record-keeping for banked donor milk should be as meticulous and accurate as for medications. Verify that each baby receives the correct type of milk, whether pre-term or full-term, if appropriate. However, full-term milk is always appropriate for any age baby.
4. Before defrosting the milk, confirm and record the recipient number, batch number and check the expiration date on the label. Do not use the milk if it is past the expiration date.
5. For best defrosting:
 - A. Place the amount of milk to be used within the next 12 - 24 hours in the refrigerator overnight, if possible. Refrigerator temperature should be maintained at less than 4°C or 40°F .
 - B. Mark the milk with the date and time of defrosting (milk is fully thawed when there are NO ice crystals present).
 - C. Use within 48 hours from time of defrosting. Pour out the amount needed for a feeding. Place any remaining cold milk back into the refrigerator immediately. Prior to feeding the baby, warm the container of milk in a clean container of warm water until it is not warmer than body temperature ($37^{\circ}\text{C}/98.6^{\circ}\text{F}$).
 - D. Often a baby needs very small amounts of milk. Defrost only as much milk as is needed for 24 hours of feedings. The remaining frozen milk can be returned to the freezer for future use. The 'quick-thaw' method may be helpful for this situation.
6. To quick-thaw, place the bottle of frozen milk in a clean container of warm water. Change the warm water from time to time as it cools. Another option is to hold the bottle under warm running water. The water level must remain below lower edge of bottle lid for both methods. Do not overheat the milk. The milk should never be warmer than skin temperature.
7. Do not thaw or heat milk in the microwave.
8. Do not thaw milk at room temperature.
9. Thawed milk may separate. Gently swirl it to mix before feeding.
10. Do not refreeze milk that has been completely thawed. Thawed, warmed milk should be discarded if it has been at room temperature for more than one hour. Any remainder of milk in a feeding bottle should be discarded if not used at that feeding.
11. Milk used for continuous push feeds must be discarded after four hours.
12. For any questions, please call the Milk Bank at 303.869.1888.