

# How to handle breastmilk for parents

## General information:

Handling/Hygiene: Wash hands properly with soap and water before pumping and handling milk.

Cleaning pump equipment (you don't need to clean membranes and tubes):

1. Rinse all pump equipment in cold water to make sure there are no traces of milk protein left. (only applicable when at home)
2. Wash all parts in warm water and dish soap, rinse off thoroughly to remove any traces of dish soap. You can wash all the pump equipment in the dishwasher
3. Dry all equipment with a clean cloth or let dry on a clean kitchen towel.
4. NOTE! Make sure to boil bottles and pump equipment under water, at least 5 minutes once per day.

## Expiration/Best before:

- Room temperature: 1 hour after pumping.
- Fridge: 48 hours from time of pumping. NOTE! If you are going to freeze your breast milk, you need to do it within 24 hours.
- Milk that has been heated: 1 hour. Throw away all milk that has been heated if there is anything left after the meal.
- Freezer: 6 months if the freezer is -20°C, 3 months if the freezer is -18°C.
- Thawed: 48 hours in the fridge. Thaw breast milk in cold water with a kitchen towel over it in room temperature or in the fridge overnight. Do not re-freeze milk that has been thawed.

## Mixing breastmilk:

Never mix warm or newly pumped breastmilk with breastmilk from the fridge due to temperature differences. The new milk needs to be cold before you can mix them. Milk pumped on the same date can be mixed as long as all the milk has been in the fridge, put the earliest pump time on the id label.

The same applies to breast milk you are going to freeze, always choose the earliest time and date to put on the id label that goes on the container with milk.

## Practical information:

Freezing the milk:

- in containers from the NEO unit (if your baby is still admitted to the neonatal unit and also for moms that are donating breastmilk).
- in ice cube bags or storage bags for breast milk from Medela (if your baby has home care).

**NOTE!** If you are receiving home care and need more donor milk you **MUST** inform the staff well in advance so that they can order enough milk. Contact home care staff by lunchtime Thursday **AT THE LATEST** if you need more milk for the weekend or monday. If you need more milk for the weekdays contact staff lunchtime the day before **AT THE LATEST**.