

Breastmilk Basics

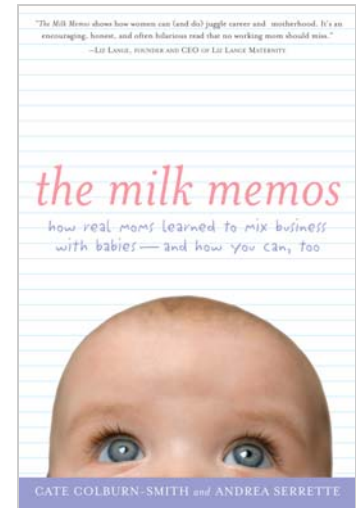
Adapted from:

The Milk Memos:

How Real Moms Learned to Mix Business with Babies – and How You Can, Too

By Cate Colburn-Smith & Andrea Serrette

A new Tarcher/Penguin book on-sale March 15, 2007



Breastmilk Storage Guidelines	
Breastmilk that is...	Stays good for...
Freshly pumped, at room temperature	Up to 10 hours ¹
Freshly pumped, in cooler with ice packs	Up to 24 hours ¹
Refrigerated	Up to 8 days ¹
Frozen, in typical refrigerator/freezer	3 to 4 months ¹
Frozen, in chest-type freezer	Up to 6 months or longer ¹
Frozen, in freezer compartment of hotel type mini-fridge	Up to 2 weeks ¹
Thawed from frozen	Up to 24 hours ¹
Unfinished in bottle	Recommendations vary ²

Source: La Leche League, 2007

Milk Mama Tips:

- Store breastmilk away from the refrigerator or freezer door to minimize temperature fluctuation.
- Use bottles or pre-sterilized bags specifically designed for storing human milk.
- Do not re-freeze thawed milk.

2 The unfinished bottle dilemma:

- La Leche League guidelines aren't specific on whether or not you can re-use unfinished milk.
- Often, lactation consultants suggest that it is safe to re-use breastmilk within 1 to 2 hours.
- Some Milk Mamas suggest that, like cow's milk from the grocery store, if the milk smells or tastes bad it probably is bad; otherwise it's probably fine.

Breastmilk Thawing and Warming Guidelines
DO thaw breastmilk in the refrigerator (which takes about 12 hours).
DO thaw breastmilk and/or or warm milk to serving temperature by holding the container under warm running water, or submerging it in a bowl of warm water.
Milk Mama Tip: In a pinch, one can warm breastmilk using body heat – by placing the milk container against one's tummy or chest, or between one's legs (making sure the nipple of the bottle is covered).
DON'T thaw breastmilk in the microwave (which can create hot spots).
DON'T thaw breastmilk in extremely hot water (which can destroy the milk's antibodies).
DON'T thaw breastmilk at room temperature because of potential temperature fluctuations, which may affect the freshness of the milk.

For laughter, encouragement and many more Milk Mama tips, check out *The Milk Memos*, a one-of-a-kind guide to balancing motherhood and work, based on actual journals kept by a group of IBM women during their visits to the company's employee lactation room