

Storing, Handling, and Thawing Donor Milk

HAND HYGIENE

Before handling milk or feeding equipment:

- Wash hands with soap and water for 20 seconds, with special attention to the area around and under the fingernails
- Dry hands with a single-use towel

STORING FROZEN MILK

- Store the milk in a freezer that always keeps ice cream hard (less than 0°F)
- Store in the *back* of a refrigerator or freezer and *NOT* the door to ensure consistent and coldest temperatures

THAWING FROZEN MILK

- **Never thaw frozen human milk in a microwave oven or hot water**
- The preferred way to thaw frozen milk is to place it in the refrigerator overnight
- Frozen milk can be thawed quickly in a container of warm water (not to exceed 98 degrees Fahrenheit). Take care that the water does not touch the lid. When milk is liquid **and** still chilled, dry and refrigerate until use
- Defrost an entire bottle. Do not pour off partially thawed milk
- Once the milk is liquid, it may be maintained for up to 48 hours in the refrigerator (32-39 degrees Fahrenheit)

HANDLING PASTEURIZED DONOR HUMAN MILK

- Refrigerate milk after thawing
- Thawed milk should NOT be left at room temperature
- Once milk is thawed, it cannot be refrozen
- Use thawed refrigerated pasteurized donor milk within 48 hours
- Pasteurized donor milk offered for a feed that is unfinished may be refrigerated and offered for the next feeding. Discard if not finished within 6 hours.

WARMING FOR FEEDING

- Warm an individual feeding by standing the container of milk briefly in warm water or holding under warm water. Care must be taken to keep the cap dry
- Before feeding – swirl gently (do not shake) the container to ensure an equal distribution of the nutrients