



Safety of thawing:

Always thaw the oldest milk first.

- 1• Thaw milk under lukewarm running water, or in a container of lukewarm water, or overnight in the refrigerator to be used next day.
- 2• Never thaw or heat milk in a microwave. Microwaving destroys nutrients and creates hot spots, which can burn the baby's mouth.
- 3• Use milk within 24 hours of thawing in the refrigerator (from the time it is completely thawed, not from the time when you took it out of the freezer).
- 4• Use thawed milk within 2 hours of bringing milk to room temperature.

Never refreeze thawed milk.

Storing tips:

- 1• Make sure to label the breast milk bottle with your name and baby name with date, and the time it was expressed.
- 2• Store breast milk in the back of the refrigerator or freezer not at the door.
- 3• If you don't plan to use freshly expressed breast milk within 4 days, freeze it right away.

- 4• When freezing breast milk, leave about few centimeter of space at the top of the container or bag. Because milk expands when its frozen.
- 5• When transporting the milk to healthcare facilities, keep milk in an insulated bag or a cooler. Use Gel pack or Ice to keep the milk cold.

Safe cleaning of feeding equipment and pumps:

- Careful clean, sanitize, and store your pump equipment, baby's bottles, and other feeding items. Its will help to protect your breast milk from contamination.

How to store an expressed breast milk



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How to store an expressed breastmilk

Storage of expressed breast milk:

Breastfeeding is the best food for your baby, it contains all the important elements that the baby needs, and it helps to increase the immunity and reduce infection. If you are breastfeeding and will return to work or your child has a medical problem that prevent you from breastfeeding after birth. Once you start pumping, it's important to know how to store expressed milk safely. Take into consideration what needs to be done and what to avoid while expressing.

Expressing Milk with breast Pump:

There are variety of breast pumps. There are manual pumps, multiple-use pump, pedal pump, electric or battery-operated pump. You can choose the suitable pump for you by searching Online or seeking advice.

Before expressing/ pumping milk:



Wash your hands with soap and warm water.



Inspect the pump kit and tubing to make sure it's clean.



Clean and sanitize pump device and countertop.

Steps you can do before expressing breast milk:

- 1• Take a warm shower or bath before expressing breast milk.
- 2• Try to cover your breast with a warm towel to increase the circulation and open the milk duct.
- 3• Gentle massage the breast to aid the process of pumping, by either stroke or shake the breast with circular motion starting from under armpit to the breast.
- 4• Try to choose a time when you feel relaxed. Thinking about your baby or looking at his/her photo may help your milk to flow during expressing.
- 5• Consume a good nutritional diet and take plenty of water.

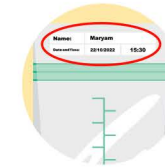
Storing Expressed breast milk:



Use Sterilized breast milk storage bags or clean food-grade containers with tight fitting lids.



Avoid plastic containing bisphenol a (bpa) (recycle symbol # 7)



Label milk with the date and time it was expressed.



Freshly expressed or pumped milk can be stored:

- At room temperature (77°F/25° C) up to 4 hours.
- In the refrigerator up to 4days (40°F/4° C).
- In the freezer, for 6 months is best; Although freezing keeps food safe almost indefinitely, recommended storage times