

# INSTRUCTIONS FOR USING PASTEURIZED DONOR HUMAN MILK



## Hand Hygiene

- ✓ Wet your hands with clean, running water. Then lather your hands with soap and scrub for at least 20 seconds. Rinse your hands and then dry them using a clean towel or single-use towel.

## Storing Frozen Milk

- ✓ Store the milk in a deep freezer or inside a side-by-side freezer that is 0°F or below. Avoid placing milk in the freezer door because the temperature changes when the door is opened.

## Thawing Frozen Milk

- ✓ Thawing of milk must be gradual. Human milk must NOT be warmed to a temperature warmer than body temperature. **NEVER thaw frozen human milk in a microwave or HOT water.**
- ✓ The preferred way to thaw frozen milk is to place in the refrigerator over a 48-hour period.
- ✓ Approved alternative methods of thawing include:
  - Milk can be thawed quickly in a container of warm water that does not exceed 98°F. It is important that the top of the water does not cover the bottle's lid.
  - Milk can be thawed at room temperature but be sure to check often that the milk is still chilled.
- ✓ Once the milk is liquid, it may be maintained at room temperature for four hours or 48 hours in the refrigerator 32-39°F. **Milk cannot be refrozen.**

## Warming for Feeding

- ✓ Warm an individual feeding by standing the container of milk briefly in warm water or holding under warm water. Please keep bottle cap dry.
- ✓ Before feeding- SWIRL BUT DO NOT SHAKE the container to ensure an equal distribution of the nutrients.