

How to Handle Banked Human Milk *in the Home*



Mothers' Milk Bank



READING THE LABEL

Batch Number | You may receive milk from more than one batch with different expiration dates.

Expiration Date | Use milk prior to this date.



STORAGE

Store milk in the freezer (not in the door) until ready to use. Contact MMB if milk is received thawed or any bottles are broken.

THAWING MILK



PREFERRED METHOD

The best way to thaw is in the refrigerator, though it takes longer. Place the milk you plan to use in one day in the refrigerator. **It will take 12-24 hours to thaw.**



QUICK METHODS

Hold the bottle under cool, running tap water, gradually increasing the temperature to skin temperature.

OR

1. Place milk in a clean bowl of warm water, keeping water level below the bottle lid. As the water cools, replace with warm water.
2. Swirl the bottle gently as the milk thaws.
3. Thaw just long enough to be pourable, but still cold.

FEEDING PREP

1. Gently swirl the milk to mix the layers.
2. Pour estimated amount needed into a clean feeding container. Start with 1-2 ounces if you are unsure how much.
3. Recap and place remaining milk in refrigerator.

Optional: Warm the bottle to body temperature as described above, either under running water or in a dish.



Milk must be used within 48 hours of thawing.



Never use a microwave to thaw or warm human milk.

Thawed, warm milk should be discarded if it has been at room temperature for more than one hour. Milk not finished at one feeding may be put back in the refrigerator promptly after the feeding and used for the next feeding only. Never add this milk to a “new” bottle of thawed milk. Any remainder should be discarded if not used at the next feeding.