



SOUTHWEST
Mothers' Milk Bank

INSTRUCTIONS FOR USE OF DONOR MILK AT HOME

RECEIVING

- While unpacking, inspect the condition of each bottle to ensure that they are intact and frozen. Milk is considered frozen as long as ice crystals are present (think of a slushy as frozen).
- Immediately transfer bottles to the freezer.
- Verify the number of bottles received.
- Call Southwest Mothers' Milk Bank (SWMMB) or email us at info@swmilkbank.org if there is any concern concerning your order.

STORAGE

- Place bottles in a freezer toward the back/bottom where it will stay as cold as possible. Do not store milk in the freezer door where the temperature frequently changes.
- Note the expiration date listed on each bottle and use the milk with the earliest expiration first.

THAWING

- Document the date and time that the bottles are removed from the freezer for thawing.
- **Defrost the entire bottle**--DO NOT use some of the milk from a bottle while the remainder thaws.
- It is best to cold-thaw donor milk by placing bottles needed for the next day's feedings into the refrigerator. It typically takes between **12 to 24 hours for milk to completely thaw**.
- Quick-Thaw Methods:
 - Hold the bottle under lukewarm running water without submerging the cap.
 - Place the bottle in a clean container of warm water without submerging the cap. As water cools, replace it with more warm water. The water temperature should not exceed 98 degrees F.
 - Place the bottle in a warmer designed for thawing human milk and follow the manufacturer's instructions.
- Do not heat milk warmer than skin temperature.
- Once milk is thawed, **DO NOT REFREEZE**.
- Human milk should NEVER be thawed or heated in a microwave.

INSTRUCTIONS FOR USE

- Thoroughly wash hands prior to handling donor milk and ensure your handling area is clean.
- Gently swirl the milk to mix it and pour the estimated amount needed into a clean feeding container.
- Replace the cap back onto any remaining milk not poured into the feeding container and immediately place it back into the refrigerator.
- Thawed, warmed milk should be **discarded after 1 hour of sitting at room temperature**.
- Thawed, warmed milk can be placed into the refrigerator promptly after feeding if it has been at room temperature less than 1 hour. This milk can be used for the next feeding, but no longer than **6 hours after initially being warmed** and it should **NEVER be added to "new" milk**. Use milk from a prior feeding completely before preparing a fresh feeding container of milk.
- Donor milk can be used for up to **48 hours after thawing** if kept in the refrigerator. Milk is considered thawed when no ice crystals are present.



6208 Montgomery Blvd NE Suite D
Albuquerque, NM 87109



Ph: 505.508.5291
Fax: 505.508.5428



info@swmilkbank.org
www.swmilkbank.org