

## Information on Handling Expressed Breast Milk

### COLLECTION OF BREAST MILK

1. Wash hands thoroughly.
2. Ensure all the equipment is cleaned and sterilised.
3. Relax and make yourself comfortable.
4. Soften the area around the nipple by massaging.
5. Check to ensure nipple pores are open and milk flow present.
6. Massage the breast.
7. Express the breast till the milk flow **slows** down, then massage the breast again and ensure the pores are not blocked. Express again till the milk-flow **reduces to drops**.
8. Repeat steps 4 to 7 for the other breast.
9. Express breast milk **every 3 hours in the day** and **at least once at night**.
10. If you are using an electrical pump, start with low pressure and gradually increase the pressure as required.
11. **Collect** expressed breast milk in a sterilised bottle.
12. **Close** the bottle tightly.
13. **Label bottle with** date of collection.
14. Refrigerate the expressed breast milk **immediately** after pumping.

## **STORAGE OF EXPRESSED BREAST MILK**

- Storage containers should be sterilised and have lids that provide an airtight seal.
- Maximum Storage Time and Temperatures Guide

### **Fresh milk**

- Room temperature around 25°C--- 4 hours
- Refrigerate at 4°C--- 48 hours
- Cooler bag with ice-pack at 15°C--- 24 hours

### **Milk frozen at –20°C**

- Freezer inside single door refrigerator--- 2 weeks
- A frost-free refrigerator with separate external door for freezer compartment--- 3-6 months
- A separate manual defrost deep freezer--- 6- 12 months

## **THAWING AND WARMING OF EXPRESSED BREAST MILK**

- Never thaw milk in a microwave oven or by boiling.
- To thaw milk :
  - keep in the refrigerator overnight or
  - Stand the bottle in a mug of warm water.
- Thawed milk kept in refrigerator at a temperature of 4°C should be consumed within 24 hrs.
- Warm only the amount required for one feed at a time.
- Discard any unconsumed milk.

## TRANSPORTATION

- Use an ice-filled thermos or ice-cooler container.
- Do not refreeze milk that has thawed during transportation.
- Keep milk that has thawed during transportation in refrigerator at a temperature of 4°C and consume within 24 hrs.

## CLEANING AND STERILISING

### Cleaning

- Wash the feeding/ pumping accessories with soap and water.
- Scrub the inside of the accessories to remove traces of milk with a brush.
- Rinse the feeding/ pumping accessories thoroughly.

### Sterilising Methods

#### Boiling

- Submerge clean feeding /pumping accessories in a pot of water, cover with lid and bring to boil.
- Once the water starts to boil, let it boil for further 10 minutes
- Add rubber accessories and boil for another 5 minutes.
- Pour out the water and keep the pot covered until ready for use.

#### Using sterilising Tablets:

Follow the instructions given on the package.

#### Steam Steriliser

Follow recommended instructions.

#### ***Please take note***

- \* Wash hands with soap and water, and dry hands before removing sterilised items.
- \* Do not rinse sterilised items with tap water.