



HOW TO STORE, THAW & WARM DONOR MILK



STORING MILK

- Store all donor milk in the freezer.
- Place bottles in the back of the freezer, away from the freezer door.
- Use bottles with earlier expiration dates first.
- Pasteurized donor milk that has been given to your baby but not finished must be refrigerated and eaten within **2 hours**.



DEFROSTING MILK

- Donor milk can be defrosted in a container of warm water.
- The water must cover the milk in the bottle but not touch the lid.
- The best method of defrosting donor human milk is overnight in the refrigerator for a slow thaw.
- Milk can be refrozen if it still has ice crystals.
- Fully thawed milk should be used within **96 hours**.
- When milk is fully defrosted, the bottle should be gently shaken to mix the contents.



WARMING MILK

- **Never** microwave donor human milk.
- A single feeding can be warmed by standing the container of milk in warm water or holding under running warm water. Keep the cap dry.