1. When unpacking bottles, check each bottle to make sure it is frozen and not broken.
2. Put bottles in freezer right away.
3. Call us at 817-810-0071 with any discrepancies or concerns about shipment.

**How do I store donor milk?**
- Put bottles in freezer at the back or bottom where they will stay as cold as possible.
- Do not store milk in the freezer door.
- Use milk with the earliest expiration date first.

**When using donor milk:**
- Do not water down donor milk.
- Do not mix or add anything to donor milk.
- Place only the amount that your baby will eat in the bottle, so as not to waste any of your supply.

**HOW TO USE DONOR MILK:**

**Thawing:**
Move frozen bottles to the fridge as needed. It takes between 12-24 hours for milk to thaw. *Note date and time you take bottles out of freezer.

**Other thawing options:**
- Hold bottle under lukewarm running water.
- Place bottle in a clean bowl of warm water.
- Place bottle in a warmer for thawing breastmilk.

*Do not get the cap wet.

**PREPARING DONOR MILK:**
- Wash hands and clean milk prep area.
- Mix the milk by gently swirling.
- Pour into a clean bottle.

- Cover any leftover milk.
- Put back in the refrigerator right away.

*This milk may be used for the next feeding.
*Do not add this milk to a “new bottle” of thawed milk.

- *Throw away thawed, warmed milk after more than 1 hour at room temp.

*Donor human milk can be used up to 48 hours after thawing, if kept in the refrigerator.

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