

INSTRUCTIONS FOR USING DONOR MILK AT HOME



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?

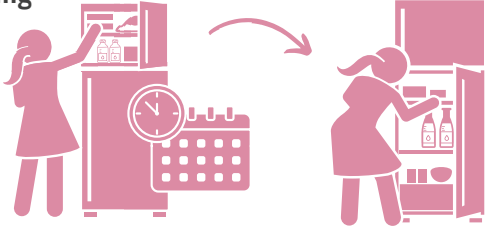
- Put bottles in freezer at the back or bottom where they will stay as cold as possible.
- Do not store milk in the freezer door.
- Use milk with the earliest expiration date first.

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:



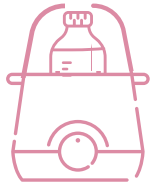
Hold bottle under lukewarm running water.

or



Place bottle in a clean bowl of warm water.

or



Place bottle in a warmer for thawing breastmilk.

*Do not get the cap wet.

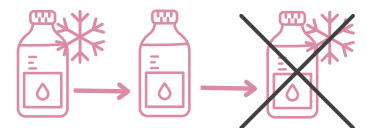
Do not thaw or heat in the microwave.



Do not heat milk warmer than your skin.



Once thawed, DO NOT RE-FREEZE.

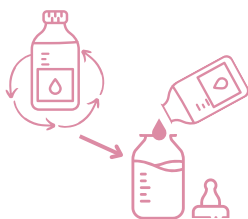


PREPARING DONOR MILK:

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.