



RECEIVING:

1. When unpacking bottles, check each bottle to make sure they are frozen and not broken.
2. Immediately put in the freezer.
3. Verify that batch numbers and number of bottles match your packing slip.
4. Each delivery/shipment will come with a cold chain verification indicator and documentation. Check that indicator shows the appropriate temperature and keep documentation for your records.
5. Call us at 817-810-0071 with any discrepancies or concerns about the condition of delivery/shipment.

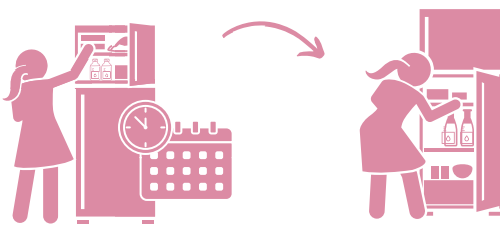
STORAGE:

1. Store frozen donor human milk in a monitored freezer at or below -18°C (0°F) until ready for use. Do not store milk in the freezer door.
2. Expiration date will vary for each batch. Rotate bottles in the freezer so that milk with the earliest expiration date is used first.
3. Once thawed, milk should be kept in the refrigerator at or below 4°C (40°F).
4. Brief fluctuations in freezer and refrigerator temperatures are acceptable secondary to opening doors or self-defrosting cycles.



PREPARING DONOR MILK:

Thawing:



-It is best to cold thaw donor milk by placing bottles for feedings the next day in the refrigerator.

-Document date and time bottles are removed from freezer for thawing.

-It takes between **12-24 hours** for donor milk to thaw.

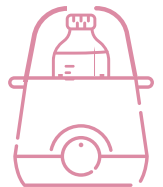
Other thawing options:



or



or



Hold bottle under lukewarm running water.

*Do not get cap wet.

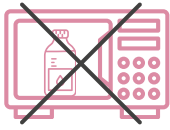
Place bottle in a clean container of warm water. As water cools, add more warm water.

Place bottle in a warmer for thawing breastmilk.

Water temp should not exceed 37°C (98°F).

INSTRUCTIONS FOR USING DONOR MILK IN THE HOSPITAL

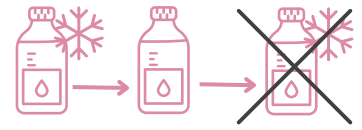
Do not thaw or heat in the microwave.



Do not heat donor milk warmer than your skin.



Once thawed, DO NOT RE-FREEZE.

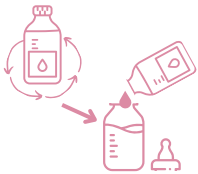


INSTRUCTIONS FOR USE:

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



Wash hands, use gloves, and conduct milk transfer in a dedicated and/or sanitized area.



Gently swirl thawed donor milk before removing for a feeding.

- When drawing feedings using a sterile syringe, do not allow anything to come in contact with the tip of syringe.
- Feedings may also be carefully poured out of the bottle into another clean container.
- One bottle may be used for multiple feedings.



If donor milk is remaining, recap the bottle and immediately place it in refrigerator for later use.

- Previously frozen, thawed donor milk warmed to room temperature should be discarded if it has been out of the refrigerator for more than 2 hours.
 - For continuous feedings: previously frozen, thawed donor milk may be used at room temperature for up to 4 hours.
- Donor human milk may be used up to 48 hours after thawing if kept in the refrigerator.
- Fortified milk must be used within 24 hours.



mothers' milk bank
of north texas
— EST. 2004 —

For each feeding, hospitals must document:

1. Dispensing donor human milk bank
2. Batch number in the medical record



For more information:

For complete information regarding expressing, storing and handling human milk, MMBNT recommends the **2024 Fifth Edition of Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes and Child Care Settings**. This book may be purchased at the Human Milk Banking Association of North America website: www.hmbana.org/our-work/publications.html