

Safe use of donor milk

Storing Donor Milk

Donor Milk is stored frozen until use. Frozen milk is safe to use until the expiration date listed on the bottle.

Thawing Milk

Ideally, milk should be thawed in the refrigerator overnight. If you need to rapidly defrost it, place the bottle in a bowl filled with warm water, making sure that the water does not come in contact with the lid. Do not use water that is above 98°F. Do not use a microwave to defrost milk.

Gently swirl the bottle occasionally and just prior to feeding, as this will mix any fat that has separated. Pour the desired amount of thawed milk into a bottle, cup, or supplementer for feeding. Thawed milk may be warmed to feeding temperature using the same procedure of placing the container in a warm water bath. Once a feeding is completed, unused milk left in the feeding container must be discarded.



Special notes

- ▶ Completely thaw the bottle to allow the milk to be swirled to distribute nutrients. Do not just thaw enough to pour off a feeding.
- ▶ Milk is safe to use up to 48 hours after it is thawed.
- ▶ It is important to keep thawed milk refrigerated at all times.
- ▶ Never refreeze thawed donor milk.

Things You May Notice

The appearance of milk can vary quite a bit. Some milk looks “thin” while other milk appears “thicker.” Milk can also be many different colors, from pure white to



pale yellow to white with a bluish or greenish tinge. These variations are perfectly normal and do not indicate differences in quality or nutrition.

Depending on your child’s previous diet, you may notice a change in his/her stools and stooling patterns.

Typical breast milk stools are yellow/golden, loose, and seedy. If you have any questions regarding changes for your child after receiving donor milk, please contact your healthcare provider.



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in Your
Neighborhood

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