

EXPRESSING AND STORING BREAST MILK



Expressing

- Wash your hands thoroughly before expressing. Clean the nipple area with water and dry it with a clean towel or disposable paper towel.
- Start with a low suction strength and a fast rhythm to stimulate the let-down reflex. Then switch to a higher strength and a slower rhythm.
- Measure the breast milk directly into breast milk containers or transfer it into breast milk bags, e.g., from NUK.

Storage

- Use clean and tightly sealed breast milk containers or disposable breast milk bags to store your breast milk. Always label them with the date and time you expressed the milk along with the amount that is shown on the bottle. Use the containers or bags in the order in which you expressed the milk.
- Store the expressed breast milk in the refrigerator, ideally upright. If you use bags, place them upright in a clean plastic box.

Defrosting

- Defrost the breast milk gently, preferably in the refrigerator overnight.
- Defrosted breast milk must not be refrozen.
- Defrosted breast milk can separate into a watery and a fatty layer. Shake carefully to mix these components together again. Slight changes in colour may appear in frozen breast milk, but these do not mean that it has gone bad.

Warming

- Never heat breast milk in the microwave! The risk of the milk being too hot and scalding your baby is far too great. Precious nutrients can also be destroyed.
- Warm running water is suitable for warming breast milk bags or a baby bottle warmer, e.g., from NUK, for breast milk containers.
- Make sure the temperature is even by gently shaking the bottle after warming it.
- Warmed breast milk must be fed immediately. Any leftovers must be disposed of.

Out and about

- The cold chain must not be broken when you are away from home and need to take breast milk with you.
- Keep the bottles in an upright position in a cool box or bag with several cooling elements.

Cleaning the pump and storage container

- After use, all the parts that have come into contact with breast milk should be cleaned by hand with warm water and washing-up liquid.
- In addition, after cleaning, it is recommended that all the parts be sterilised once a day, either by boiling them for five minutes or in a steriliser.

Type of milk	Storage location	Shelf life
Fresh breast milk	At room temperature	3-4 hours
	Refrigerator (4°C, not in the door)	Maximum 3 days
	Freezer compartment of the refrigerator	2 weeks
	Freezer/refrigerator (-18°C)	6 months
Defrosted breast milk, unopened	Refrigerator (4°C, not in the door)	24 hours
Defrosted breast milk, opened	Refrigerator (4°C, not in the door)	12 hours