

Taichung Armed Forces General Hospital

Leaflet of Inpatient Nursing Instructions

母乳的儲存與運送

Sir/Lady:

Contents: Storage and transport of breast milk

I. Purpose: To provide mothers of premature and sick infants with correct methods for collecting, storing, and transporting breast milk.

II. Precautions for storage of breast milk:

(1) Container selection:

1. Glass bottles: Easy to clean and convenient for handling, but should be handled carefully to avoid breakage.
2. Breast milk bags (polyethylene; PE): Single-use, with no need to be cleaned, and convenient for transportation, but difficult to fill and prone to damage.
3. Semi-flexible, opaque plastic bottles (polypropylene; PP).
4. Transparent hard plastic bottles (polycarbonate; PC): Not recommended by the Housewives' Alliance currently due to the material. PP or PE containers may be used instead.
5. All types of containers can be purchased from large chain pharmacies or baby product stores.

(2) Breast milk collection and storage methods:

1. Label each container with the date and time of the expression, milk volume, and the baby's bed number and name.
2. The amount of breast milk stored in each container should ideally match the baby's typical meal size. Alternatively, store milk in large units (e.g., 150 ml) and smaller units (e.g., 50 ml) to avoid wastage from thawing excess milk. (For example, if the baby drinks 10 cc per meal and eats eight times a day, a bag should not contain more than 100 cc.)
3. Regardless of the container used, leave about 10% of the container's capacity free to allow for milk expansion during freezing. When using breast milk bags, expel air from the bag and seal it about 3-4 cm above the milk. When using bottles, ensure that the original bottle cap is tightly secured, rather than using a nipple as the lid.
4. Store milk in the interior of the refrigerator, avoiding placement near the door to reduce temperature fluctuations from opening the door.

(3) Storage time:

1. Although bacteria grow slowly in breast milk, and it can be stored at room temperature for 4-10 hours, it is best to refrigerate it as soon as possible.
2. After collection, breast milk can be stored in the refrigerator (0-4°C) for 5-8 days;

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if directly placed in the freezer, it can be stored for up to 3 months.

(4) **How to transport breast milk to the hospital**

If you need to transport breast milk elsewhere or to the hospital, place the container with breast milk into a prepared "ice bucket" or cooler bag. You may also use a thermos bottle and maintain the temperature inside below 15°C (first place ice into the thermos, and only pour it out right before leaving for the hospital). This will prevent the milk from thawing or warming up during transportation due to external temperature. If using a portable cooler, place ice packs inside and place the milk container in it. If the milk is thawed or warmed during the transport, consume it within 24 hours, and discard any remaining milk.

Breast milk storage time

Breast milk storage time		
Storage condition	Full-term babies	Premature babies
Below ambient temperature 25°C	6-8 hours	3 hours
Refrigerated (freshly expressed milk) (0-4°C)	5 days	48 hours
Fully thawed and stored in refrigerator	24 hours	24 hours
Frozen in single-door freezer (-15°C)	2 weeks	Not recommended
Independent freezer (-18°C)	3-6 months	3 months
Heavy-duty freezer (-20°C)	6-12 months	6 months

If you are still unclear about something or have any questions, please contact the nursing station in the ward