

HOW TO BRING YOUR MILK TO THE NICU

To preserve the safety and quality of your milk, there are a few things to consider when bringing your milk to the NICU. Following safe transport recommendations and proper pump cleaning can allow for your milk to be used within 72 hours in the NICU.

FRESH MILK

1. With the label stickers provided from the NICU, write the date and time milk was expressed/ pumped.
2. Place your labelled milk containers in an insulated bag or cooler.
3. To keep your milk cold, place a frozen, reusable ice pack around the milk containers.
4. Once you arrive at the NICU, place your milk containers in the fridge in your baby's room.

FROZEN MILK

FOR MILK PUMPED FOR MORE THAN 48 HOURS BEFORE YOUR VISIT

1. With the label stickers provided from the NICU, write the date and time milk was expressed/ pumped.
2. Place your labelled milk containers in an insulated bag or cooler.
3. To prevent your frozen milk from thawing, place several reusable ice packs around the milk containers.
4. Once you arrive at the NICU, immediately give your milk to your baby's Nurse and they will place it in the freezer.

ITEMS YOU WILL NEED WHEN TRANSPORTING YOUR MILK



INSULATED BAG OR COOLER



REUSABLE ICE PACKS/ GEL PACKS

ADDITIONAL CONSIDERATIONS ⚠

DO NOT PLACE YOUR FROZEN MILK IN THE FRIDGE IN YOUR BABY'S ROOM

When milk is thawed, it must be used within 24 hours or thrown out.

DO NOT USE ICE CUBES TO KEEP YOUR MILK COLD

When ice cubes melt, the melted water may contain harmful bacteria to your baby. This should not touch your milk or the containers holding your milk.