

INSTRUCTIONS FOR THAWING MILK



NorthernStar **MOTHERS MILK BANK**

- For overnight defrosting, place the frozen bottle in the refrigerator. Mark the date & time when bottle is completely defrosted (no ice crystals). Record information on cap, using a permanent marker or a sticker.
- To quick thaw, place frozen milk bottle in a clean container of warm water. Change the warm water as it cools. DO NOT overheat the milk, or thaw or heat in the microwave.
- Once all the ice crystals are melted, the milk should be swirled, and the feed volume poured into a new bottle to warm.
- Thawed, warmed milk should be discarded if it has been out of the refrigerator for more than one hour. Milk not used at one feeding that has been warmed and out for less than one hour may be returned to the refrigerator promptly after the feeding. This milk may be used for the next feeding. Never add this milk to a new bottle of thawed milk.
- Donor human milk may be used for up to 48 hours after defrosting as long as it has been kept in the refrigerator. If fortifier has been added, donor milk must be used within 24 hours.

For more information visit
www.northernstarmilkbank.ca

