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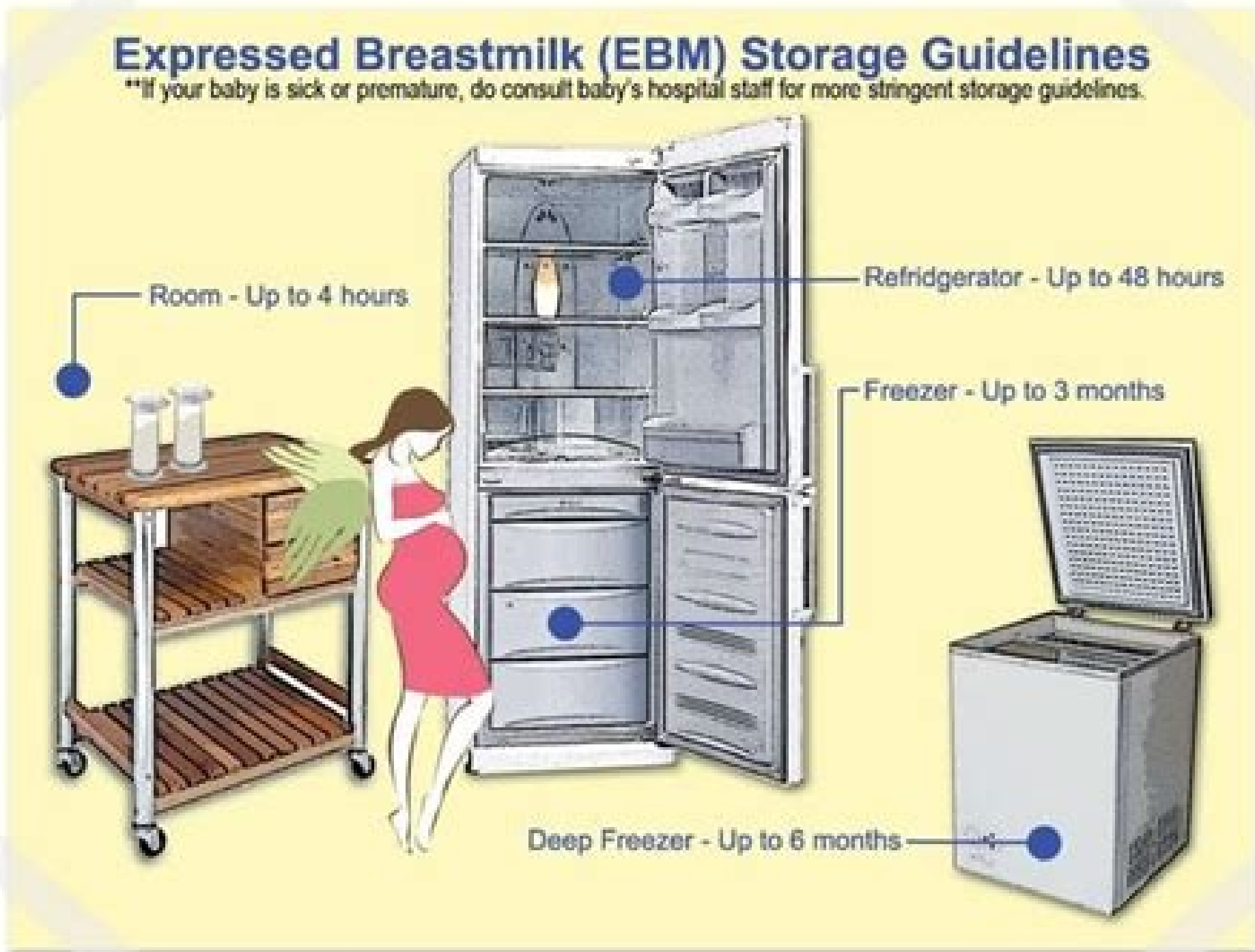
  
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## Expressed milk guidelines

Breast Milk Storage Guidelines			
		Storage Location	
Type of Breast Milk	Countertop	Refrigerator	Freezer
Freshly Expressed	Up to 4 Hours	Up to 4 Days	<b>Best: 6 months</b> OK: 12 months
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after thawing
Leftover From Feeding <small>(labeled &amp; dated)</small>	Use within 2 hours after baby is finished feeding		

Constituents (mg/100g)	Early Milk	Maternal Milk
Total proteins (g)	59	9
Casein (g)	3.8	5.7
$\beta$ -casein (g)	2.6	4.4
$\alpha$ -casein (g)	1.2	1.3
$\alpha$ -lactalbumin (g)	3.82	3.26
Lactoferrin (g)	3.83	1.04
Serum albumin (g)	8.59	0.41
lysoA (g)	2.6	1.8
lysoB (g)	0.12	0.2
lysoC (g)	0.34	0.09
Total lipids (%)	2	3.3
Triglyceride (% total lipids)	07-08	07-08
Cholesterol (% total lipids)	0.7-1.3	0.4-0.8
Phospholipids (% total lipids)	1.1	0.6-0.8



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The expression of breast milk is © when taking milk from the breast, because the breasts are swollen or engorged or because one wants to have some breast milk stored in the refrigerator or freezer to use later. Sometimes it can take some time to learn to express. Different women may express different amounts of breast milk. It depends on many things, including your body, the last of your baby©, the age of your baby© and how often it is expressed. If you can express too much (or any) milk, check with your midwife, child and family health nurse or lactation consultant to make sure it is expressed correctly. Can an adviser from the Australian Breastfeeding Association (ABA) © help? You'll find the National Breastfeeding Support Line® 1800 686 268. There are three ways to express: Hand with a hand pump with an electric pump© most mothers find it easier to express breast milk if they are in a comfortable and private place. Stay relaxed and comfortable, and have a glass of water to drink. You have a lot of time too! especially when learning to express. Expressing by hand means squeezing the breasts gently between your thumbs and index fingers, pressing down towards the nipple, moving your hands up and down over each breast, between your legs or on a low table, leaving both hands free. You may need a clean towel on your lap to catch any spills or to clean your slippery wet fingers, expressing the hand you can support your chest with a hand if you have large, heavy breasts by placing your thumb and finger directly next to each other, on one side and the other back after your nipple. Gently press in towards the breast center, until © that you feel most of the breast. Expressing shouldn't hurt. Gently press the finger and thumb to each other using a rotary rolling motion. That will compress the ducts, and the milk will flow from your nipple. There may be only droplets u © that your disappointed reflection happens. After that, you should get nipple sprays with each grip. Once the milk flow slows down, move your fingers to a different position around the nipple and press again. This expresses more milk and empties all sectors of the breast. Change your hands if your fingers get tired. Repeat the process on the other chest. Expressing milk can be tiring, so stopping for a water drink can help you relax before starting again. If you need more milk, switch from breast to breast, or wait and try again later. Expressing breast milk with a hand pump Hand-pumps usually consist of a breast shield attached to a pump helle and collection bottle or container. Just as with the hand-expression, the first step in the expression of breast milk with a hand pump is relaxing and comfortable. This helps to make your descent happen anyway for you. Smooth massage as described above © a good idea too © n. Here are the next steps, when you are ready: Place the breast pump shield directly on the chest with the centralized nipple. Squeeze the pump gently and roll the pump handle forward and backward several times to ensure a tight seal. Turn the pump handle clockwise to start pumping. Attach the breast guard to the breast (or breasts in case of double pumps). How? The expression of breast milk by hand or by manual pump, be comfortable and relaxed to start. This helps with your Only the next steps, when you are ready: Place the pump breast shield directly on the chest with the nipple centered with low suction and increase it to a level that © Comfortable for you. Cheers. © Your milk The flow goes down. If you are using one single bomb, switch to the other breast. You can come back several times. You can earn more milk manually, expressing the hand after the flow with the pump has stopped. You can buy or hire breast pumps in i © knitting. ABA hires them, as well as some pharmacies. You will need to buy your own pump kit to connect to the pump yourself. © Knitting. There's a lot of hand bombs and there's © trices in the market. If you are interested in using a bomb to express, it may be a good idea to talk to your child nurse and family nurse or an ABA counselor. They can give you information to help you choose the right bomb for your needs. They expressed amamikafer you expressed, put your breast milk in a clean and closed container or a special storage bag of breast milk. You can buy storage bags from your pharmacy or other stores that sell baby stuff. It is better to refrigerate or freeze breast milk after expressing. Do not forget to write down the date and time of expression, or storage location, or freezing temperature, in the container or bag. The following guidelines explain how long you can store breast milk at different temperatures and when you should use stored or frozen breast milk; room temperature (26c or lower) by 6-8 hours to refrigerator (4th or lower) up to and including © the best place to © the third part of the refrigerator is friendly the freezer compartment (-150C or lower) inside a refrigerator for two weeks the freezer section (-180C o(ower) a refrigerator with a door separated for three months to a chest or deep vertical freezer (20c or lower) for 6-12 months. Previous frozen milk (unfrozen in the refrigerator but not heated) you can store breast milk: the ambient temperature (at room temperature) 26c or lower) for four hours or less © Bye. © the next feedline to the refrigerator by up to 24 hours is the best place to © the third part of the refrigerator, where © Colder than that. Don't previously freeze amamik. Uncooked Braastmilk outside the fridge in warm water you can store milk: room temperature (26c or lower) © the end of the refrigerator for four hours or so © Next feed. Not previously frozen amateur. Doesn't end your mother's milk party express, you can't use it for another feed. You should throw it away. Transporting expressed amamiku you can transport breast milk between home and other places. Expressed amamik can travel: in an isolated container such as a esky bag or cooler with one or more freezer bricks frozen or fresh "if the milk has thawed, use it in four hours and no soda. In the refrigerator as soon as you arrive or in the freezer if it is still frozen. Preparing expressed mother's milk for use, you can give your expressed baby reader, spoon or bottle. Use the fresh milk first if you have some, then the older milk. If you don't use the milk immediately, you can store it in a clean container. Store breast milk in plastic bottles or containers made specifically for storing breast milk. Wash the extraction pump parts in a clean wash basin using warm soapy water and rinse well. A Don't put the pump parts directly in the sink. Air dry parts or dry parts with clean towel paper. Store covered until next use. Clean the washbasin and the biberon brush well. The bottles, tetins and storage containers of breast milk should be carefully washed, rinsed and then sterilized before their use up to 12 months of baby life. You can read more about breast milk cleaning and sterilization equipment. This information applies to healthy normal babies being fed with mother's breast milk. If your baby is premature or ill, the health professionals who take care of your baby will tell you what to do. 19-06-2020 - Glass milk bottles are the safest container for storing expressed breastmilk for baby's future consumption. Using glass for breastmilk storage eliminates the dangers of toxins commonly found in plastic storage containers, including, but not limited to: plastics BPA (even those specifically labeled for breastfeeding storage) and plastic baby bottles. 16-06-2020 - These are general guidelines for storing human milk at different temperatures. Various factors affect how long human milk can be stored safely. Such factors include milk volume, room temperature when expressed, whether the milk was pumped or hand-expressed, and whether the milk was stored in a refrigerator or freezer. Human Milk Storage Guidelines: How long can I keep my milk? 07-06-2020 - Human milk can be stored safely for up to 24 hours in the refrigerator, provided it is kept at a constant temperature and protected from light. Storing and feeding expressed breastmilk can be a totally new skill to learn so here are the basic tips you will need. Cow milk protein allergy (CMPA) can present with ... or alternatively a thickening agent can be added to a standard formula or expressed breast milk; Thickened feeds can ... Di Lorenzo C, et al. Pediatric gastroesophageal reflux clinical practice guidelines: joint recommendations of the North American Society for Pediatric ... 20-01-2021 - Exclusive breastfeeding means that an infant receives only breast milk from his or her mother or a wet nurse, or expressed breast milk, and no other liquids or solids, not even water, with the exception of oral rehydration solution, drops or syrups consisting of vitamins, minerals supplements or medicines. Expressing milk means squeezing milk out of your breast so you can store it and feed it to your baby later. You might want to express milk if you have to be away from your baby, for example, because your baby is in special care or because you're going back to work; your breasts feel uncomfortably full (engorged); your baby is not able to latch or suck well, but you still want to ... Medical prostate massage provides urologists samples to detect prostate cancer nodules and expressed prostatic secretions to be further analyzed. For whatever purpose a man wants to milk their prostate, there is a guideline to be followed such as a maximum of 10 minutes per session, which must be done every day, while lying down, without sexual stimulation, and without the use of lubricant. However, there are also reports of men having sex during prostate milking. Prostate milking involves stimulating the prostate gland through the rectum, either manually or using an insulated box or bag and deep frozen ice-packs, and total storage and transportation times do not exceed three hours. ... Breast milk or mother's milk is milk produced by mammary glands, located in the breast of a human female. Breast milk is the primary source of nutrition for newborns containing fat, protein, carbohydrates (lactose and human milk oligosaccharides) and variable minerals and vitamins.Breast milk also contains factors that are important for implications protecting the ... 14-01-2018 - Many mothers wonder how much expressed breastmilk they need to have available if they are away from baby. In exclusively breastfed babies, milk intake increases quickly during the first few weeks of life, then stays about the same between one and six months (though it likely increases short term during growth spurts). Current breastfeeding research does not indicate ... 02-02-2021 - Freshly expressed breast milk can be stored in the back of the refrigerator for up to four days in clean conditions. However, it's optimal to use or freeze the milk within three days. Deep freezer. Freshly expressed breast milk can be stored in the back of a deep freezer for up to 12 months, but using the frozen milk within six months is optimal. Milk will begin to flow into the collection bottle. Adjust the suction strength so that it is comfortable and not causing any pain or discomfort. Excess suction will not result in the removal of extra milk, and may result in pain and nipple damage. Finish expressing by hand for a few moments to help with getting as much breastmilk as possible. 08-11-2021 - Transporting expressed breastmilk. You can transport expressed breastmilk between home and other places. Expressed breastmilk can travel: in an insulated container, such as a esky bag or cooler with one or more freezer bricks frozen or fresh "if the milk has thawed, use it in four hours and no soda. In the refrigerator as soon as you arrive or in the freezer if it is still frozen. Preparing expressed mother's milk for use, you can give your expressed baby reader, spoon or bottle. 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