

# Correctly labelling breast milk for safe storage

Breast feeding is the best nutrition for your baby; to help us to deliver this nutrition safely to your baby we need your help. We need you to label your breast milk when you express.

<b>EXPRESSED BREAST MILK</b>	
MOTHERS NAME :	.....
BABY'S NAME & DOB :	.....
HOSPITAL NUMBER :	.....
<b>DATE &amp; TIME OF MILK</b>	
* EXPRESSED :	.....
* REMOVED FROM FREEZER :	.....
* FULLY DEFROSTED :	.....
* EXPIRES :	.....
<b>BREAST MILK FORTIFIER</b>	
Date Added	AMOUNT
Time Added	SIGNATURE.....

## How do I label my breast milk?

We will provide you with breast milk labels and you will find these in the expressing room, if there are no labels then please ask the nurse caring for your baby to get you some labels.

You will need to complete the label with:

- Mothers full name
- Baby's/babies' full name and date of birth.
- Hospital number – The nurse caring for your baby will give you this number
- Date and time expressed. Using the 24 hour clock.
- Write in biro or non-washable pen to prevent smudging.
- Write clearly so it can be easily read.



## Why is it important that my breast milk is labelled?

Your baby's safety is paramount to us; we have to ensure that the expressed breast milk we are giving to your baby is the right milk.

- Breast milk is a bodily fluid.
- We need to ensure the right milk goes to the right baby.
- We need the milk to be 'in date' and not expired, breast milk. In hospital breast milk can be used for 48 hours from fresh and for 24 hours from frozen.
- All expressed breast milk is double checked by two members of staff before it is given to your baby. – If you are with your baby then the nurse caring for your baby can check the milk with you.

**If you have any questions please ask the nurse caring for you and your baby.**

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656.