

Pasteurising Human Milk

The U.S. Centers for Disease Control and Prevention (CDC) recommend against informally donated human milk because of the risk of transmitting harmful bacteria or viruses but some mothers prefer to use milk from a trusted friend or relative when banked milk is not an option. Heat treating the milk first can minimise any risks.

Containers for storing your milk should be washed and clean, but they don't need to be sterilised. First, place about 2 to 5 ounces (150-160ml) of milk in a pint sized (450ml) covered glass and set aside. Then bring about 2 cups (450ml) of water to a boil in a small pot. Turn off the heat and place the jar in the water for twenty minutes. When the milk is cool, it can be fed to baby. Treated milk should be stored in the same sealed container that it was pasteurised in to avoid bacterial contamination. It can be kept safely at room temperature for up to eight hours and refrigerated for up to twelve.

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