

McLaren Print System Order

Order No: 90680
 Order Date: 2024-12-06
 User: Samantha Franklin
 Phone: 9897726768

Ship Location: McLaren Central Michigan Attn: Andrea Frost
 1221 South Drive
 Mount Pleasant, MI 48858

Brochures
 Quantity: 50
 Paragon Dept No: 29415
 Dept Name: Emergency Department
 Company Number:

Order Total Price: 40.00

Item Number: M-10370
 Item Description: Breastmilk Storage Magnet
 Revision Date: 06/2023
 Print:
 Paper:
 Size:
 Fold:
 Finish:
 Drill:
 Poster:
 Misc Info: 4x7 Magnet with rounded corners

BREAST MILK STORAGE GUIDELINES FOR HEALTHY BABIES

Type of Breastmilk	Room Temperature 60-75°F	Refrigerator 40°F	Freezer 0° or colder (-18°C)	Deep Freezer 4°F (-20°C)
Freshly expressed/pumped	4-8 hours 4 hours ideal	4-8 days 4 days ideal	3-6 months 3 month ideal	6-12 months is acceptable
Thawed, Previously Frozen	1-2 hours	Up to 1 day after it has been thawed (24 hours)	Never refreeze human milk after it has been thawed	Never refreeze
Left over from a feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished the feeding			

- Wash hands before nursing or pumping.
- Use "oldest" milk first. Label milk with date.
- Thaw milk in refrigerator overnight or hold bottle under warm running water or place in warm bowl of water.
- To bring milk up to body temperature, place sealed container in a bowl of warm water for 20 minutes.
- Thawed milk is safe in refrigerator for 24 hours.
- NEVER refreeze milk.
- NEVER microwave breast milk.

McLaren
FAMILY BIRTHPLACE

Spec Info: Original Poster Size

If you have questions or concerns, call McLaren's lactation consultant or midwives:
Leslie Yocom, RNC-OB, LCE, IBCLC – available for appointments or calls, (810) 342-5616
Lisa Cavett, MSN, CNM – available for lactation appointments, call (810) 342-1750
Rachelle Marble, MSN, CNM – available for lactation appointments, call (810) 342-1750

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