

## Express & Heat Treat Breast Milk

### How you can safely heat treat breast milk

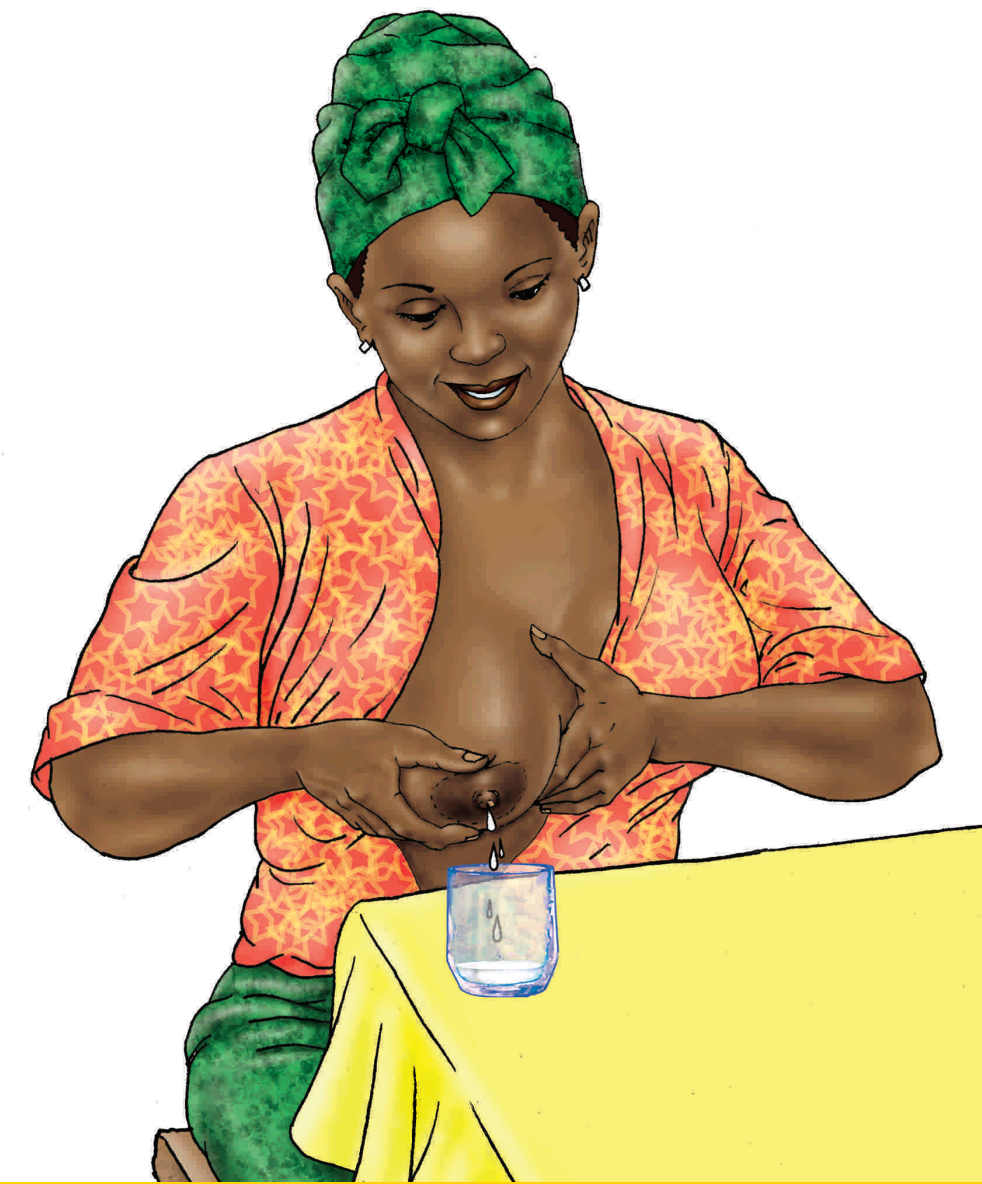
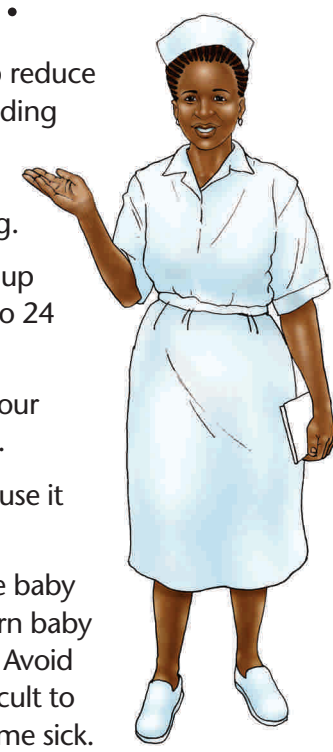


### Flash Heating

- \* Express your milk and put it in a small heat proof jar.
- \* Place the jar of milk in a pan of water.
- \* Heat the milk in a pan of water until the milk just reaches the boiling point (when the milk begins to make bubbles).
- \* Remove the jar from the boiling water.
- \* Place the jar in a container of cool water, or let it stand alone to cool, until it reaches room temperature.
- \* Protect the milk as it cools by placing the lid on it or by covering it with a clean cloth.
- \* Once you have heated the breast milk, use it to feed your baby within one hour.

### Things to remember:

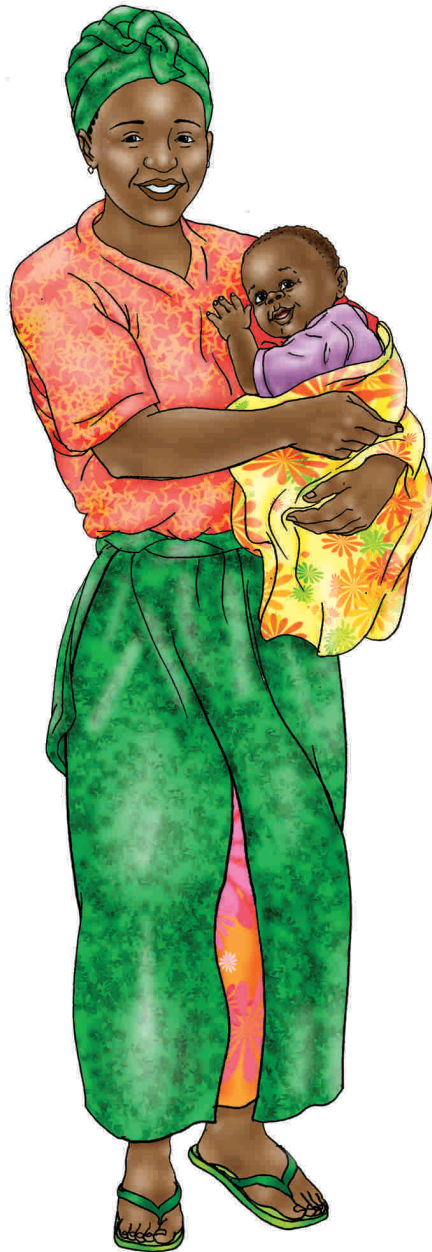
- \* This method of infant feeding can help reduce the risk of passing HIV from a breastfeeding mother to her infant during the transition period between exclusive breastfeeding and replacement feeding.
- \* Unheated breast milk can be stored for up to 8 hours at room temperature or up to 24 hours in a refrigerator.
- \* Do not give the heated breast milk to your baby until it reaches room temperature.
- \* Once you have heated the breast milk, use it to feed your baby within one hour.
- \* Either you or someone else can feed the baby using a clean open cup. Even a new born baby learns quickly how to drink from a cup. Avoid using bottles and nipples. They are difficult to clean and can cause your baby to become sick.
- \* Women who choose to express and heat treat their breast milk for their babies lose some of the child-spacing benefits of breastfeeding. Women who choose to use this method of feeding should practice safe sex and consider using family planning, starting as soon after giving birth as possible.



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# Heat Treated Breast Milk

## What do I need to know?



- \* Mothers who have HIV can greatly reduce the risk of passing the virus to their babies through breast milk if they express their breast milk and heat it before giving it to their babies.
- \* This method can be used from birth or during the transition time between exclusive breastfeeding and replacement feeding.
- \* To use this method, you will need water, fuel, a jar with a wide neck and cover, and an open cup to feed the baby.

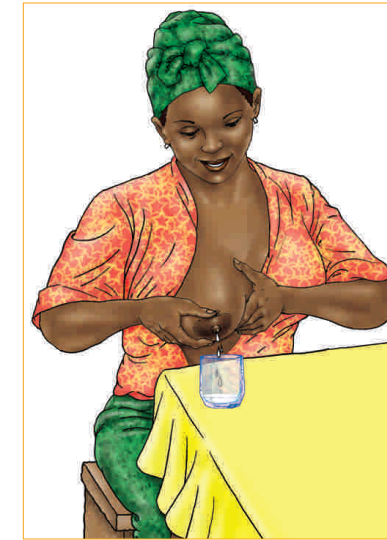
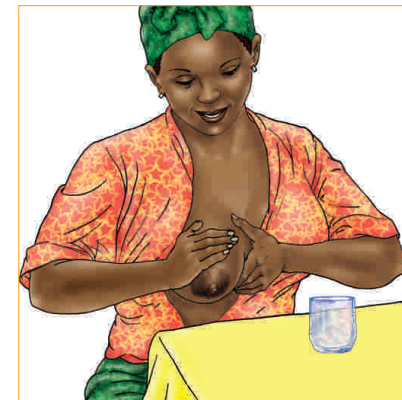
## How to hand express breast milk:



- \* Wash the container and cup that you will use to feed your baby with soap and water, or boil them in a large pot of water.



- \* Wash your hands with soap and clean running water.
- \* Sit or stand in a comfortable position in a quiet place. It is sometimes helpful to apply a warm cloth to your breasts and to lightly massage them to stimulate the flow of milk.



- \* Put your thumb on the breast above the dark area around the nipple, known as the areola, and your first finger below the nipple and areola. Support your breast with your other fingers.
- \* Gently press toward your chest wall with your thumb and finger together.
- \* Continue to compress the breast while moving your hand away from the chest wall. This should not hurt. If it does, then you are not doing it right.

- \* Press the same way on each side of the areola in order to empty all parts of the breast.
- \* Do not squeeze the nipple itself or rub your fingers over the skin.
- \* Express one breast for 3-to-5 minutes until the flow slows down and then switch to the other breast. Then do each breast again. Change your hands when the one hand gets tired. You can use either hand for either breast. It usually takes 20 to 30 minutes to express all of the milk.
- \* Store the breast milk in a clean, covered container in a cool place until you are ready to heat and feed it to your baby.
- \* Feed the baby using a clean open cup. Even a newborn baby learns quickly how to drink from a cup.

