

San Maternity

Labelling, Storage & Checking of Breastmilk

Breastfeeding Information – Handout 15

Updated September 2023

Your baby should have an identification label on each ankle and one wrist to ensure we can correctly identify him/her. If you find that one has fallen off, please notify your midwife so that it can be replaced.

The container/syringe that holds your breast milk needs to be labelled with a hospital sticker that has your name and baby's name and medical record number – the same details that are on your baby's identification label. Your midwife/nurse will print out labels for you to label your breast milk.

Write the date and time that you expressed your milk on the label. If you are going to be giving your breast milk it can be stored in the fridge in your room until the next feed within 6 hours of being expressed. Otherwise, expressed milk should be stored in the fridge in the nursery in the West Wing or the fridge in the Clinical Room on the North Wing.

IMMEDIATELY before giving expressed breast milk to your baby, 2 midwives, or midwife AND mother must check that it is the correct breast milk, and you will be asked to sign the baby's feed chart. This is a strategy implemented to reduce the risk of babies receiving the incorrect breast milk.

For more information:

Australian Breastfeeding Association

p: 1800 686 268

w: www.breastfeeding.asn.au

National Health and Medical Research Council, Infant Feeding Guidelines.

Reviewed September 2023 by Leah Roberts, IBCLC RM.

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