

妥善处理及储存泵吸的母乳

Proper Handling and Storage of Expressed Breast Milk (Chinese)

遵照安全准备与储存的技巧，您可以保持泵吸出的母乳的高品质和您宝宝的健康。 By following safe preparation and storage techniques, you can maintain the high quality of expressed breast milk and the health of your baby.

安全准备及储存泵吸的母乳

Safely Preparing and Storing Expressed Breast Milk

- 在泵吸或处理母乳之前，请先洗手。 Wash your hands before expressing or handling breast milk.
- 在收集母乳时，要把母乳盛装在干净的容器里，例如：可拧上盖子的瓶子，有密封盖子的硬式塑胶杯、或专用来收集母乳的耐用袋子。避免使用普通的塑料储存袋或配方奶瓶袋，因为这些袋子容易发生渗漏或泼洒。 When collecting milk, store it in clean containers, such as screw cap bottles, hard plastic cups with tight caps, or heavy-duty bags designed for breast milk collection. Avoid using ordinary plastic storage bags or formula bottle bags, as these could easily leak or spill.
- 若要将母乳带到儿童看护中心，请在容器上清楚地注明您孩子的姓名与日期。 If delivering breast milk to a child care provider, clearly label the container with your child's name and date.
- 清楚标注母乳泵吸日期，并先使用最早泵吸的母乳。 Clearly label the milk with the date it was expressed, and use the oldest milk first.
- 将刚泵吸的新鲜母乳在冰箱彻底制冷后才可以兑加到先前冷藏或冷冻的母乳里。 Chill freshly expressed breast milk completely in the refrigerator before adding to previously cooled or frozen milk.
- 不可将用过的奶瓶中剩下的母乳留到下次喝。 Do not save milk from a used bottle for another feeding.

安全地解冻母乳 Safely Thawing Breast Milk

- 您可将冷冻的母乳转移到冰箱冷藏室让它慢慢解冻。也可以将瓶装的冷冻母乳放在装有温水的容器中解冻。 You can gradually thaw frozen breast milk by transferring it to the refrigerator. Frozen breast milk can also be thawed by placing the bottle in a container of warm water.
- 待完全解冻后，母乳必须在 24 小时内喝完。 Once completely thawed, breast milk should be used within 24 hours.
- 避免使用微波炉解冻或加热奶瓶中的母乳。 Avoid using a microwave oven to thaw or heat bottles of breast milk
 - 微波炉无法均匀地加热液体。不均匀加热容易烫伤婴儿或破坏母乳。 Microwave ovens do not heat liquids evenly. Uneven heating could easily scald a baby or damage the milk
- 一旦母乳解冻后就不可再度冷冻。 Do not re-freeze breast milk once it has been thawed.

预备解冻好的母乳准备喂食 Preparing Thawed Breast Milk for Feeding

- 将装有已解冻母乳的容器放在盛有温水的碗或杯子里。 Place the container of thawed breast milk into a bowl or cup of warm water.
- 加热到室温的母乳应该在一小时内喝完。 Breast milk warmed to room temperature should be used within 1 hour.
- 喂宝宝前，先轻轻摇一摇奶瓶。 Swirl bottle gently before feeding your baby.

喂哺健康足龄新生儿的新鲜母乳储存时间

Storage Time for Fresh Breast Milk for Use with Healthy Full Term Infants

地点 Location	温度 Temperature	保存期 Duration	注释 Comments
台面、桌上 Countertop, table	室温（最高 77° F 或 25° C） Room temperature (up to 77°F or 25°C)	6 -8 小时 6-8 hours	容器应该加盖并且尽量保持低温；在容器外盖上冷毛巾可以维持母乳低温状态。 Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
绝缘保冷袋 Insulated cooler bag	5-39° F 或 -15-4° C	24 小时 24 hours	随时保持冰袋与装母乳的容器相接触，尽量限制打开保冷袋。 Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
冰箱 Refrigerator	39° F 或 4° C	5 天 days	将母乳储存在冰箱主体的最里面。 Store milk in the back of the main body of the refrigerator.
冷冻箱 Freezer			将母乳储放在冷冻箱的最里面，那里的温度最稳定。 Store milk toward the back of the freezer, where temperature is most constant.
冰箱中的冷冻箱 Freezer compartment of a refrigerator	5° F or -15° C 5°F or -15°C	2 周 weeks	储存较久但仍在所列期限内的母乳仍然可安心使用，不过，母乳中的某些脂肪已经发生变化，可能因此造成母乳的质量降低或味道改变。 Milk stored for longer durations in the ranges listed is safe, but some of the fat in the milk can undergo changes that may lower the quality or change the taste of the milk.
双开门式冰箱的冷冻箱 Freezer compartment of refrigerator with separate doors	0° F or -18° C 0°F or -18°C	3 - 6 个月 months	
卧式或直立式冰柜 Chest or upright deep freezer	-4° F or -20° C -4°F or -20°C	6 - 12 个月 months	

资料来源：美国小儿科学会¹，母乳喂养医学学会。(2004)

Source: American Academy of Pediatrics¹, Academy of Breastfeeding Medicine. (2004)

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