

## Importance of a Centralized Mixing Room



### Why Can't Breast Milk or Formula be Mixed At Bedside?

- It is very important to have an area that is thoroughly sanitized when making formula / breast milk.
- By mixing formula / breast milk in a central sanitary space, potential contamination of product is eliminated.
  - This means that nutrition products do not have to be prepared on the same surfaces diapers may be changed, specimens may be handled, and visitors may place things of their own in your child's room leaving outside germs on these surfaces.
- Highly trained Dietetic Technicians accurately prepare feedings to ensure optimal tolerance.
- It's A Big Deal – Hospital guidelines for infant and pediatric nutrition all suggest use of a centralized formula and breast milk room to make sure these products are prepared as safely and accurately as possible...to make sure the infants and children are as SAFE as possible when consuming these products.

### What We Do in the Milk Room - Prior to Any Preparation

- The cleanest possible tools are used to measure out and mix breast milk / formula, by using a strict cleaning protocol and 100% sanitized equipment.
- Staff uses strict hand hygiene as well as aseptic (means “no touch”) technique to prepare nutrition products.
- Staff changes into new scrubs upon arrival to work. They also wear a full gown and bonnet when preparing formula and breast milk to make sure no germs they may have on their clothes from walking around the hospital come in contact with formula / breast milk.

### Storage & Delivery Benefits of the Milk Room

- All products used to mix formulas and fortify breast milk are kept in locked/secured locations.
- Breast milk is stored in the locked Milk Room, so only authorized staff have access to it, keeping it very safe.
- Milk Room staff will ensure that each bottle of pumped breast milk is labeled correctly, and will carefully track the breast milk while stored in the Milk Room.
- Each child will have individualized, sanitized bins for storage of breast milk.
- With delivery of formula/breast milk to bedside refrigerator, the medical care team and caregivers a have it quickly available to use when needed.