



# Nursing Instruction for Maintaining Lactation, and Collection and Storage of Breast Milk

## (Nursing Instruction for Hospitalized Neonates)

### 維持泌乳及母乳收集儲存護理指導

#### (住院新生兒護理指導篇)

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#### I . Strategies for maintaining lactation: 維持乳汁分泌的方法：

- i. The principle of “breastfeeding early and frequently”: initiate breastfeeding soon after delivery and try to breastfeed the baby within 4-6 hours after birth, which can be adjusted according to the baby’s needs and be flexible in the timing for breastfeeding.

採「儘早餵、頻繁餵」原則：分娩後儘早哺餵母乳，盡量於產後 4-6 小時內進行第一次親餵母乳或手擠奶(包含夜間)，之後則依寶寶需要，採彈性時間哺餵母乳。

- ii. Adequate intake of fluid and food rich in protein, vitamin D and calcium.  
攝取足量水分，以及富含蛋白質、維他命 D 及鈣質的食物。

#### II . Ways of collecting breast milk: 母乳收集的方法：

- i. Thorough hand washing : Prior to collecting breast milk, please wash your hands thoroughly. When expressing breast milk, avoid touching other items such as cell phone, TV remote control, table computer, etc. If you have touched any items accidentally, please wash your hands again with cleanser before expressing breast milk.

洗手：每次收集母乳前皆須使用清潔劑將雙手清洗乾淨，擠奶過程中勿以清潔過的雙手觸摸其他物品，如手機、電視遙控器或平板電腦...等，但若不慎已觸摸其他物品，則需重新以清潔劑再次洗淨雙手後，才可再進行母乳收集。

#### ii . Preparation for utensils: 用具的準備

- (1) The aseptic milk collection bags or sterilized bottles(plastic or glass).  
無菌的母乳收集袋或消毒過的奶瓶(塑膠或玻璃奶瓶均可)。
- (2) Breast milk expressing equipment/milking machine (if needed).  
擠奶器(視需要)。

#### III . Sterilization of the utensils: 用具的消毒：

- i. Thoroughly scrub every item with clean water and then boil the cleaned Items or use steam sterilizer for disinfection every time prior to breast milk collection.

每次收集母乳前，皆需將擠奶用具(如：吸乳器罩杯、奶瓶...等)，先以清

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水刷洗乾淨後再以煮沸或蒸氣消毒鍋消毒法消毒後才可使用。

ii. Methods of disinfection: 消毒方法：

- (1) Boiling –place the glass milk bottles and utensils inside the disinfection container in cold water with approximately 80-90% full, and boil 10 minutes, and then place the rest of plastic items into the container for further 3~5 minutes of boiling. Pour the hot water from the container and allow the steam to evaporate, and use the clamp to remove the items.

煮沸法，玻璃類的擠奶用具於冷水時放入消毒鍋內，鍋內水量約 8~9 分滿，讓水煮沸 10 分鐘後，再將塑膠類的用具放入消毒鍋內繼續煮沸 3~5 分鐘，將鍋內水倒乾，讓鍋內熱蒸氣蒸乾，再以消毒過的夾子取出使用。

- (2) Steam sterilizer –follow the instructions from the product for disinfection and clean the steam sterilizer regularly.

蒸氣消毒鍋消毒法，應依照產品使用說明方式進行消毒，並應定期清洗蒸氣消毒鍋。

**IV. Use of the items for breast milk collection: 母乳收集容器的使用：**

- i. When you collect breast milk each time, you must use a new sterilized Storage container (such as bottle, syringe or collection bags for breast milk). Do not re-use.

每次收集母乳時，必須使用新的消毒過的儲存容器(如奶瓶、空針或母乳收集袋)，切勿重覆使用。

- ii. Record the bed number, name, date and time of collection and the amount of breast milk on the container.

容器上須標明床號、姓名、母乳收集的日期、時間及量。

- iii. Storage – do not over fill the breast milk bag/container (depending on the baby's appetite or needs). Be aware of the volume expansion due to freezing; reserve some extra space inside the container/bag is crucial to avoid rupture of the breast milk collection bag.

儲存容器內勿放置太多奶水(視寶寶的食量而定)，需預留一些空間以防乳汁冷凍後膨脹，導致母乳收集袋破裂。

**V. Methods for storage of the breast milk: 母乳儲存的方法：**

- i. Duration for storage: 儲存時間：

1. Room temperature: colostrum can be stored for 12 hours while matured milk can be stored for 4 to 10 hours (premature baby: 4 hours; full-term baby: 10 hours). Because of the subtropical weather in Taiwan, it is important to store the breast milk in the fridge as soon as possible. Try to separate the breast milk container or bag away from other uncooked food inside the fridge in order to avoid contamination.

室溫下，初乳可儲存 12 小時，成熟乳可儲存 4~10 小時(早產兒: 4 小時；

足月兒：10 小時)。但因台灣地處於亞熱帶地區，室溫度較高，因此最好儘早放入冰箱冷藏，儘量與其他生食分開放置，可避免污染母乳。

2. Inside the refrigerator: Matured milk can be stored for 5 days (if the hospitalized child is feeding breast milk, please offer the breast milk to the child within 2 days after the breast milk is expressed).

冷藏室成熟乳可保存 5 天(若要給住院病兒食用，則需在擠出後 2 天內食畢)。

3. Refrigerator with single-door: the breast milk can be stored for 2 weeks if placed in the freezer.

單門冰箱冷凍庫可保存 2 週。

4. Refrigerator with double-door: the breast milk can be stored for 3 months if placed in the freezer.

雙門冰箱冷凍庫可保存 3 個月。

5. Individual freezer with temperature lower than -19 degrees Celsius can store breast milk for 6-12 months.

獨立的冷凍室維持恆溫攝氏零下 19°C，可保存 6~12 個月。

ii. When delivering the breast milk containers or bags to the hospital, please ensure the freshness of the breast milk by placing frozen or cold breast milk inside a bucket full of ice pack and stuffed with clean towels in order to maintain proper temperature.

運送母乳至醫院的過程中，為確保母乳的新鮮度，須將冷藏或冷凍之母乳置於冰桶內，且冰桶內需放置適量的冰寶或用乾淨的毛巾將空隙塞好，以維持溫度避免溶解。

#### VI. Methods for de-freezing the breast milk: 母乳解凍的方法：

When de-freezing the breast milk, you can place the frozen breast milk in the fridge section the night before (about 12 hours), and provide the breast milk to the baby within 24 hours. Do not re-freeze the breast milk (remained or unused) if not consumed.

冷凍的奶水，可於前一晚從冷凍庫中拿至冷藏室慢慢解凍(約需 12 小時)，並於解凍後 24 小時內食用完畢，解凍後之母乳不可再回凍。

#### VII. Methods for warming the breast milk: 母乳加熱的方法：

i . Warm the frozen breast milk with warm water below 50 degrees Celsius before feeding. Do not use microwave for de-freezing the breast milk because heating via microwave may damage the active cells and antibodies.

解凍後的母乳要用 50°C 以下的溫水隔水溫熱後餵食，絕對不可用微波爐解凍溫奶(因微波加熱會破壞母乳中的活細胞和抗體)。

ii . Breast milk after warming should be consumed within 30 minutes, If not

consumed, it should be discarded and not be refrigerated again for next feeding.

加熱後的母乳，需於 30 分鐘內食畢，若未餵食完畢則需丟棄，不可再置於冷藏室留待下餐繼續食用。

If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: MacKay Memorial Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

**May God Bless You**