

## Expressed Breast Milk (EBM)



### Transportation to hospital

- If transporting milk from home to hospital, pack it inside a portable cool box with ice pack or a bag of ice so as to keep cool environment during transport.
- Avoid keeping EBM in room temperature. Informed nurses when arrived at hospital & Stored EBM in hospital fridge immediately.
- Warm the milk before feed.

### Expressed Breast Milk Label

Name: B/O LAM, SIU MORNING AFTERNOON  
HN123456789

泵奶日期及時間 Breast milk collection date and time

\_\_\_\_年(YY) \_\_\_\_月(MM) \_\_\_\_日(DD)

\_\_\_\_時(hh) : \_\_\_\_分(mm)

人奶要在擠出後24小時內使用  
Breast milk must be used within  
24 hours after collection



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Patient Empowerment Programme



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## 屯門醫院 兒童及青少年科

# 母乳儲存及運送的方法



## 母乳儲存的方法



- 將盛載母乳的奶瓶蓋好
- 並於每一奶瓶上清楚標明擠/泵母乳的時間、日期、寶寶的床號、出生日期和媽媽/嬰兒的姓名。
- 如要存放於家中的雪櫃，請放在雪櫃最頂層的一格(攝氏4度)。但不用放入冰格及不可放在雪櫃門側的間格。
- 避免因反覆開關雪櫃門的溫差，使母乳變壞。

## 母乳儲存標籤

Name: B/O LAM, SIU MORNING AFTERNOON

HN123456789

泵奶日期及時間 Breast milk collection date and time

\_\_\_\_年(YY) \_\_\_\_月(MM) \_\_\_\_日(DD)

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## 母乳運送的方法

- 來醫院前，請從家中的雪櫃取出母乳。
- 放入手提冰箱或保溫袋，加入用膠袋盛載的冰粒或雪種，以保持母乳在低溫的環境中運送。
- 泵奶後，避免將母乳在室溫的環境擺放，應盡快送到醫院並通知護士，再放入醫院的雪櫃。
- 餵奶前，母乳從雪櫃取出，用暖水浸熱後，才給嬰兒飲用。



## Expressed Breast Milk (EBM) Storage

- Expressing milk is squeezing milk from your breasts; either by hand or with manual or electric pump.
- Remember to put label on each bottle individually with the name of mother/baby, baby's bed number, baby's date of birth, and date & time of milk collection.
- Put the EBM in the first layer in fridge at a temperature of 4°C. **DO NOT** put inside the freezing compartment and in the fridge door.
- Avoid causing temperature variation, please do not open or close the fridge door frequently.

