

# 母乳储存指南

## Human Milk Storage Guidelines (Chinese)

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许多父母发现收集母乳并储存起来以备后用既方便又必要。这种情况通常发生在需要重返工作岗位或学校的父母，或者与宝宝分开的情况。本指南将回答一些关于安全储存母乳的问题。Many parents find it convenient, or even necessary, to collect their breast milk and store it to be used later. This is often the case for parents who are going back to work or school, or for those who are separated from their babies. These guidelines will answer some of the questions you might have about safely storing your breast milk.

### 我应该如何收集母乳？ How should I collect the milk？

- 在**挤奶**（从乳房中挤出乳汁）或处理母乳之前，用肥皂和水洗手。

Wash your hands with soap and water before **expressing** (squeezing the milk out of your breast) or handling breast milk.

- 每次吸乳时使用新的、干净的收集瓶。

Use new, clean collection bottles for each pumping session.

- 检查吸乳器、吸乳器套件和管子，确保它们是干净的。切勿使用发霉的管子，并立刻更换。Check the pump, the pump kit, and the tubing to make sure they are clean. Never use moldy tubing, and replace it immediately.
- 清洁吸乳器旋钮和台面。Clean the pump dials and countertop.

### 我该如何储存母乳？ How should I store the milk？

- 在家中，您可以使用母乳储存袋，或干净的食品级密封容器来储存挤出的母乳。

At home, you can use human milk storage bags or clean, food-grade containers with tight fitting lids to store your expressed breast milk.

- 不要使用含有双酚 A (BPA) 的塑料容器储存母乳。此类塑料容器标有回收符号#7 (一个由箭头组成的三角形，中间标有数字 7) 。

Don't store milk in containers made of plastic containing bisphenol A (BPA). These types of plastic containers are marked with the recycle symbol #7 (a triangle made of arrows with the number 7 in the center).

- 清楚地标明母乳挤出的日期。如果您打算将母乳交给托儿服务提供者，请在标签上注明宝宝的名字。Clearly label the milk with the date it was expressed.

Include your baby's name on the label if you plan to give the milk to a childcare provider.

- 将母乳存放在冰柜或冰箱的后部 (不要放在冰箱或冰柜的门上) 。

Store the milk in the back of the freezer or refrigerator (do not store it in the door of the fridge or freezer).

- 新挤出的母乳如果不打算在 4 天内使用，请立即将其冷冻。If you don't plan to use freshly expressed milk within 4 days, freeze it right away.

- 在要冷冻的容器上方留一英寸的空间，因为母乳在冻结时会膨胀。

Leave an inch of space at the top of the container you are freezing, because the milk will expand when it freezes.

## **我应在每个容器中储存多少母乳？**

**How much milk should I store in each container?**

出生第一周后，大多数婴儿通常每次喂食都会摄入 2-4 盎司的母乳。我们建议您将母乳分成每份 2-4 盎司的小份量进行储存，以免浪费挤出的母乳。

After their first week of life, most babies typically take 2-4 ounces of human milk per feeding. We recommend that you store milk in small amounts of 2-4 ounces to avoid wasting any of your expressed milk.

### **我可以将新挤出的母乳添加到冷却或冷冻的母乳中吗？ Can I add freshly expressed breast milk to breast milk that was cooled or frozen?**

新挤出的温热母乳应放在冰箱中直至完全冷却后，才可以加到之前冷却或冷冻的母乳中。

Freshly expressed, warm milk should be chilled completely in the refrigerator before adding it to milk that was cooled or frozen before.

### **我该如何解冻冷冻的母乳？ How do I thaw frozen milk?**

- 一定要先解冻最早存放的母乳。 Always thaw the oldest milk first.
- **不要使用微波炉解冻装有母乳的容器。** 我们建议放在冰箱中过夜慢慢解冻母乳。

**Do not use a microwave oven to thaw containers of breast milk.** We recommend slowly thawing the milk in the refrigerator overnight.

- 也可以将装有冷冻母乳的容器放在流动的温水下，或使用无水加热器来解冻母乳。

You can also thaw frozen milk by placing the container of milk under lukewarm running water, or by using a waterless warmer.

- 母乳完全解冻后，请在 24 小时内使用。

Once completely thawed, use the milk within 24 hours.

- **母乳解冻后，请勿再次冷冻。**

**Do not refreeze breast milk once it has been thawed.**

## 解冻后的母乳我该如何准备进行喂食？

### How do I prepare thawed milk for feeding?

- 喂给宝宝的母乳可以是凉的、室温的或温热的。

You can give the milk to your baby cold, room temperature, or warm.

- 要加热母乳，请将装有解冻母乳的密封（闭合的）容器放入一杯温水中。您可以在喂奶前将几滴母乳滴在手腕上来检查温度。母乳应该感觉温而**不烫**。

To warm the milk, place the sealed (closed) container of thawed breast milk in a cup of warm water. You can check the temperature before feeding by putting a few drops of milk on your wrist. The milk should feel warm, **not hot**.

- **不要在炉灶上或微波炉中加热母乳。**

**Do not heat breast milk on the stove or in the microwave.**

- 微波会导致加热不均匀，这可能会灼伤宝宝的嘴或破坏乳汁。

Microwaving causes uneven heating which can burn your baby's mouth or damage the milk.

- 在喂宝宝之前，轻轻摇晃装有母乳的容器。

Swirl the container of milk gently before feeding your baby.

- 母乳一旦加热后，您应该在**2小时内**使用。

Once warmed, you should use the milk **within 2 hours**.

- **不要将已用过的奶瓶中的母乳保存起来用于下次喂奶。**

**Do not save milk from a used bottle for another feeding.**

## 如何清洁吸乳器零件和储奶容器？

### How do I clean the pump parts and milk storage containers?

- 每次使用后，您必须拆开吸乳器套件、母乳收集容器和其他喂养组件进行清洗。

After each use, you must take apart the pump kits, milk collection containers, and other feeding items to wash them.

- 使用盛有热肥皂水的干净碗盆来清洗组件。

Use a clean bowl with hot soapy water to wash the items.

- 不要直接在水槽中清洗组件，因为水槽中的细菌可能会沾到组件上，使宝宝生病。

Do not wash items directly in the sink, because germs in the sink could get onto the items and make your baby sick.

- 在流水下彻底冲洗组件。 Rinse the items really well under running water.

- 放在干净的布或纸巾上自然晾干。

Let the items air dry on a clean cloth or paper towel.

- 用干净的手收好晾干的组件。将它们存放在干净、受保护的区域。 Using clean hands, put away the dry items. Store them in a clean, protected area.

## **我需要为吸乳器零件和储奶容器进行消毒（深度清洁和杀菌）吗？**

### **Do I need to sanitize (deep clean and disinfect) the pump parts and milk storage containers?**

- 为了更加安全并确保没有细菌，请每天使用以下方法之一对您的吸乳器套件、母乳收集容器和其他喂养物品进行消毒： For extra safety to make sure there are no germs, sanitize your pump kits, milk collection containers, and other feeding items every day using one of these methods:

- 用洗碗机清洁，选择热水和加热烘干循环（如果您的洗碗机有“消毒”设置，也可以使用该设置）。Clean them in the dishwasher using hot water and a heated drying cycle (or the “Sanitize” setting, if your dishwasher has one).
- 在沸水中煮 5 分钟（用肥皂和水清洗后）。Boil them in water for 5 minutes (after cleaning them with soap and water).
- 用微波炉或插入式蒸汽系统。按照制造商的说明进行操作（用肥皂和水清洗后）。Steam them in a microwave or a plug-in steam system. Follow the manufacturer’s directions (after cleaning them with soap and water).

## **如果宝宝住院了，我有什么需要特别注意的吗？**

### **Is there anything I should do differently if my baby is hospitalized?**

- 宝宝住院时，您应该使用医院提供的小储奶瓶（80 毫升）。

While your baby is in the hospital, you should use the small (80 ml) milk storage bottles provided by the hospital.

- 这些奶瓶可以直接连接到大多数吸乳器套件上，因此您可以用同样的奶瓶收集并储存母乳。

The bottles can be connected directly to most pump kits, so you can collect and store the milk in the same bottles.

- 旅途中，您可以将母乳存放在装有冷冻冰袋的绝缘冷藏袋中长达 24 小时。

When you are traveling, you can store milk in an insulated cooler bag with frozen ice packs for up to 24 hours.

- 如果您要将母乳送到医院，请在每个奶瓶上清楚地标明**宝宝的姓名、病案号码 (MRN) 以及吸乳日期和时间**。如有需要，宝宝的护士可以为您提供印有宝宝名字和病案号码 (MRN) 的打印标签。

If you are delivering breast milk to the hospital, clearly label each bottle with **your baby’s name, medical registration number (MRN), and the date and time of pumping**. Your baby’s nurse can give you printed labels with your baby’s name and MRN if you need them.

### 我还需要了解有关母乳储存时长的哪些内容？ What else do I need to know about how long I can store breast milk?

请参阅下表，了解根据母乳的类型和储存地点来安全储存和使用的详细信息。

See the table below for detailed information about how long you can safely store and use milk, depending on what type of milk it is and where it is stored.

母乳类型	储存位置和温度		
	台面 (最高 77 华氏度或 25 摄氏度, 或室温)	冰箱 (40 华氏度或 4 摄氏度)	冰柜 (0 华氏度或零下 18 摄氏度或更低)
新挤出或吸出的母乳	最多 4 小时	最多 4 天	最好 6 个月内。最长可以接受 12 个月。

<b>冷冻后解冻的母乳</b>	1-2 小时	最多 1 天 (24 小时)	切勿在解冻后再次冷冻母乳。
<b>喂奶后剩下的母乳</b> (婴儿没有整瓶喝完)	婴儿喝完奶后 2 小时内使用		

Type of breast milk	Storage locations and temperatures		
	Countertop Countertop (up to 77°F or 25°C, or room temperature)	Refrigerator (40°F or 4°C)	Freezer (0°F or -18°C or colder)
<b>Freshly expressed or pumped milk</b>	Up to 4 hours	Up to 4 days	Within 6 months is best. Up to 12 months is acceptable.
<b>Milk that was frozen and then thawed</b>	1-2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed.
<b>Milk leftover from a feeding</b> (baby didn't finish the bottle)	Use within 2 hours after the baby is done feeding		



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