

# GUIDELINES FOR THE ESTABLISHMENT AND OPERATION OF HUMAN MILK BANKS IN THE UK

The Report of an Ad hoc Working Party following the Sorrento Symposium on Milk Banking –  
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## h) Chilling and Storage

1. Following heat processing the milk will be cooled rapidly as part of the pasteurisation cycle.
2. Containers must be labelled with batch number and date.
3. An aliquot of pasteurised milk from each batch must be tested bacteriologically. (This can be a tube of milk which is submerged in a bottle of water and pasteurised in the same pasteurisation cycle as the batch of milk).
4. Pooled pasteurised milk can be stored for up to 3 months at -20°C.

*It is often advantageous to have pasteurised 2 tubes of milk from each batch in a bottle of water, for reference if a problem should arise.*

*In the absence of data on the effects of frozen storage on polyunsaturated fatty acids (PFA), opinions vary as to the length of time for which pasteurised milk can be stored in the frozen state. The free fatty acid content of unprocessed human milk, stored for 5 months at -20°C, increased significantly.<sup>39</sup> However, pasteurisation at 57°C for 30 minutes probably destroys most lipolytic activity,<sup>40</sup> making lipolysis during storage unlikely after heat treatment. The vulnerability of PFA to auto oxidation during storage is of more concern; those with most double bonds are most vulnerable and yet probably of significant nutritional importance for preterm infants. There are no data on the stability of PFA in frozen human milk; cows' milk may be safely stored for 6 months at -20°C, but we recommend that human milk should be stored for no longer than 3 months because of*

5. Thawed, pooled pasteurised milk can be stored for up to 72 hours at 4°C.