

## Collecting Breast Milk for Analysis

**Step 1:** Have your liquid gold analysis kit available for one of your mid-day pumping sessions (11am-3pm).

**Step 2:** When you are done pumping, gently swirl the bottle(s) of milk to mix in the fat.



**Step 3:** When the milk is still warm; use the syringe to collect 5ml (1 teaspoon) of breast milk and slowly transfer into the container in your liquid gold analysis kit.

## Collecting Breast Milk for Analysis (Continued)



**Step 4:** Make sure the lid is completely closed and the kit has your baby's sticker on it.

Write the date and time of the pump. The container may be refrigerated as usual.

Return the labeled container to your baby's nurse before the next analysis date.



**“Liquid Gold”  
Breast Milk Analysis  
in the  
UC Davis NICU  
Individualized Nutrition for  
Your Growing Baby**



## Why Breast Milk is Important for Your Baby:

Your breast milk is made special for your baby.

Your breast milk contains antibodies and live cells that help protect your baby from illness – it is like medicine for your baby.

Premature babies who get their mother's milk have better brain development and fewer infections.

## What is Targeted Fortification?

The amount of nutrition in your breast milk will change over time and with your nutrition.

Premature babies need extra protein, fat, vitamins, and minerals to help them grow and build strong bones.

In the NICU, we fortify breast milk (add calories, fat, and proteins) to help preemies grow.

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*We believe in the power of your milk*

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## How Does Targeted Fortification Work?

**The process:**

**Step 1: Collect**

Mother's own milk and Donor milk.

**Step 2: Analyze**

Using 5 ml (1 teaspoon) of breast milk, we can measure protein, fat, carbohydrates, and calories in the breast milk.

**Step 3: Optimize**

We calculate the needed calories, fat, and protein based on baby's gestational age, weight, and growth.

We fortify the milk only when needed, and only with what is required to help baby grow.



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*Personalized milk made just for your baby*

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