How to Safely Heat Treat Breast Milk

- Using expressed and heat treated breast milk is an option for an HIV-positive breastfeeding woman while she has a breasts problem on both breasts.
- Expression and heat treatment is also recommended during the changeover period between exclusive breastfeeding and replacement or complementary feeding.
- Heating is a way to destroy the HIV in breast milk while retaining the important foods and protective agents in the breast milk. This allows an HIV-positive mother to continue providing breast milk to her baby.
- Always wash all utensils that you will use to express and heat treat your breast milk with clean water and soap.
- Express your milk according to the instructions in the How to Hand Express Breast milk leaflet. Be sure to empty both breasts.
- Put all the milk you have expressed in a (honey) jar, glass or bottle that will not break when you heat it (Do not use a plastic container). The amount of milk should be between 50 ml and 150 ml. If you have more milk, you will have to divide it into 2 jars.

- Place the uncovered jar of milk in a small pan of water. Make sure the water is about two fingers above the level of milk so that all the milk will be heated well.
- Be careful not to boil the milk, only the water has to boil.
- Heat the water on a very hot fire or on the highest level of your stove until it reaches a rolling boil (when the water has large bubbles). Stay close by because this should only take a few minutes. Leaving the water to boil too long will damage some of the nutrients in the milk.
- Remove the jar of milk from the boiling water immediately after the water comes to a boil. Place the jar in a container of cool water, or let it stand alone to cool until it reaches room temperature.
- Protect the milk as it cools and during storage by placing a clean lid or small plate on it.
- You can safely feed your baby this heated milk within 6 to 8 hours.
- Always feed the baby using a clean open cup. Even a newborn baby learns quickly how to drink from a cup. Do not use bottles, teats or spouted cups. They are difficult to clean and may make your baby sick.