

## Standard Operating Procedure

### for Medela Calesca Milk Warmers on Neonatal and Transitional Care Unit

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<b>Approved by:</b>	<b>Paediatric Governance</b>
<b>Approved by Medicines Safety Committee:</b> <i>Where medicines included in guideline</i>	<b>N/A</b>
<b>Date of Approval:</b>	<b>20<sup>th</sup> August 2025</b>
<b>Date of Review:</b> This is the most current document and is to be used until a revised version is available	<b>20<sup>th</sup> August 2028</b>

### **Aim and scope of Standard Operating Procedure**

This standard operating procedure details steps on how to safely warm or defrost infant milk to optimal temperature whilst protecting the integrity of human milk.  
Aligns with the following Trust guidelines:

Milk kitchen Standards - <http://whitsweb/KeyDocs/KeyDocs/DownloadFile/3650>

Neonatal Infant Feeding Policy - <http://whitsweb/KeyDocs/KeyDocs/DownloadFile/3942>

### **Target Staff Categories**

Neonatal Nursing Staff  
Housekeeper

### **Key amendments to this Standard Operating Procedure**

<b>Date</b>	<b>Amendment</b>	<b>Approved by:</b>
20/08/2025	New Document	Paediatric Governance Meeting

### **Background**

Infants that receive warm milk benefit from reduced incidence of NEC (Necrotising Enterocolitis), improved feed tolerance, improved fat absorption, improved fortifier mixing and reduces nursing time spent preparing feeds.

Overheating human milk beyond 40C will denature proteins, inactivate bioactive molecules such as digestive enzymes (lipase), protective enzymes (lysozyme) and cytokines and must therefore be avoided. Links below detail evidenced based best practice around storage, defrosting and warming of human milk.

[BDA-guideline-for-storage-and-handling-of-EBM-and-DBM.pdf](#)

The Medela Calesca milk warmer is a waterless warming and thawing device for infant milk. It circulates warm air in an enclosed chamber, eliminating risk of contamination through contact with water. Individual single patient use inserts are used to protect from contamination. It is easy to operate for both staff and parents.

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## **Section 1 - Standard Operating Procedure and Responsibilities**

Instructions for use of Warmers (staff to watch Medela training video in appendices below)

### **Equipment**

#### **Inserts:**

- Single patient use insert - label with a baby details
- Change inserts every 24 hours as per manufacturers guidelines
- Replace if becomes wet or soiled
- Store insert in baby's feeding drawer at cot side when not in use

#### **Syringes:**

- Capped with a bung
- Labelled with baby name, date and time of expression

#### **Bottles:**

- Labelled with baby name, date and time of expression

#### **Method:**

- Wash hands
- Select milk required and complete a 2 person check to ensure correct milk for baby and expiry date
- Decant amount required into a syringe or a bottle and label with name of baby
- Insert individual liner into warmer and switch on

- Place milk into warmer – either syringe port or bottle cavity and close lid
- Select Warm or Thaw mode (NB: if Thaw mode selected it will defrost milk to fridge temperature)
- Select whether milk is frozen, from fridge or room temperature – press enter
- Enter volume of milk placed in warmer – press enter
- Press start, time for milk to be at required temperature will appear on screen
- An alarm will sound when warming/ defrosting is complete
- Milk left in warmer will remain at required temperature for up to 30 mins
- Remove milk from warmer, check correct baby with a second person and administer feed.

### **Cleaning Instructions:**

- Clean milk warmer after each use with Clinell wipes

### **Section 2 - Training and Education**

Education/ Training Need	Staff group	Method of training/education	Responsibility for training	Timescale to complete
Dissemination of SOP	Neonatal Nursing Staff	SOP available on intranet Neonatal Induction.	Neonatal Nursing team Neonatal Clinical Educator.	As SOP updates available/or on commencement of employment

### **Section 3 - Monitoring Compliance and Effectiveness**

The compliance and effectiveness of this SOP will be monitored in the following ways:

- Any changes in practice will be referenced against the content of this SOP and any changes deemed necessary will be made.
- The SOP will be subject to regular review as detailed below.
- This guideline will be informally monitored by the Neonatal Unit Manager. If there is any cause for concern a full audit will be carried out.

### **Section 4 - References:**

Royle J, Weaver G supported by the Paediatric Group of the British Dietetic Association (2019) Guidelines for the Preparation and Handling of Expressed and Donor Breast Milk and Specialist Feeds for Infants and Children in Neonatal and Paediatric Health Care Settings.

Second Edition. Page 24-25. Available online [BDA-guideline-for-storage-and-handling-of-EBM-and-DBM.pdf](#) [Accessed 12.08.2025]

Zühal Çamur, Çiğdem Erdoğan, The effect of breast milk temperature on feeding intolerance in tube-fed preterm infants: A randomized controlled study, Journal of Neonatal Nursing, Volume 29, Issue 4, 2023, Pages 675-680

## **Section 5 - Appendices:**

- 1) Video of how to use Medela Calesca milk warmers

<https://share.icloud.com/photos/015noHvpVeUz8LxzSzfYS8d7A>