

**“Home Crematocrit” Instructions**

1. With a morning feeding, breastfeed the baby on one side and pump the other side for approximately 10-15 mins. If the baby still acts hungry, nurse the baby on the side you pumped.
2. Place your pumped milk in the refrigerator for **4-6 hours before doing the measurements**. You must do the measurements **without picking up the bottle** so placing it on the shelf in the front of the refrigerator will make it easier for you.

**3. Measurements:**

Measurements may be done with a ruler (use millimeters) or a measuring tape (use millimeters) or in milliliters if you are using a bottle with single milliliter (ml) markings.

**They cannot be done in ounce only marks.**

- Measure the **total amount in the bottle in ounces**.
  - Measure the **total amount in millimeters or milliliters**.
  - Measure the **“fat layer”** amount that forms at the top in millimeters or milliliters.
4. **\*DO NOT move the bottle before doing the measurements as the fat will resuspend and your measurement will not be accurate.**
  5. Call the totals and fat measurement to the Lactation Center @ 717-740-5423. Please remember to leave your phone number so we can return a call with results and any changes in the feeding plan.

