

the infant can't breast-feed, the mother's milk should be expressed, collected, and stored safely for use. A mother who has a substance abuse problem but who's adequately nourished may breast-feed if she's enrolled in a supervised methadone regimen and has negative screening for HIV and illicit drugs. (Illicit drugs, such as phencyclidine, cocaine, and cannabis, can be detected in breast milk; breast-feeding is contraindicated if use by the mother is a concern.) Breast-feeding isn't recommended when mothers are receiving medication from the following drug classes: amphetamines, chemotherapy agents, ergotamines, and statins. Mothers with active untreated tuberculosis or active herpes simplex lesions on their breasts shouldn't breast-feed; however, they can express milk and feed it to their infants because these infectious organisms don't pass through to the breast milk. When stored properly, human milk has significantly more nutrients and immunologic value than commercial infant formulas.

to 39°F
(0.5° to 3.8°F (-20°