

Breast Milk for Oral Care

What is Breast Milk for Oral Care (BMOC)?

Human milk offers many benefits for your baby during their stay in the Newborn and Infant Critical Care Unit (NICCU) at Children's Hospital Los Angeles. Even if your baby is not eating, we are able to use a small amount of your breastmilk to clean your baby's mouth so that they can receive some of these benefits.

What are the benefits of BMOC?

There are many benefits of BMOC. Breastmilk contains antibodies that can help your baby fight infection. It introduces your baby to the taste of your breastmilk. BMOC creates a positive experience for your baby. It allows you the opportunity to bond with your baby while in the NICCU.

What supplies are needed for BMOC?

- 0.5 mL of breastmilk in a 1 mL syringe
- 2 cotton-tipped swabs
- Medicine cup
- Oral swabs or gauze
- Sterile water

How do I provide BMOC to my baby?

Partner with your baby's nurse to perform BMOC so that they can scan the milk and help you as needed. Follow these steps:

1. Wash your hands or use hand sanitizer.
2. Clean your baby's lips, tongue, gums, and the inside of their cheeks with a blue swab or gauze that has been moistened with sterile water.
3. Put 0.5 mL of expressed milk into the medicine cup.
4. Dip two cotton-tipped swabs in milk until soaked.
5. Use the first swab to put breastmilk on your baby's lips, then on the inside of their left cheek and tongue.
6. Use the other swab and put breastmilk on the inside of your baby's right cheek and upper and lower gums.

References available on request.