

## Medela Calesca Milk Warming and Thawing Device - NICU

### Guideline Responsibilities and Authorisation

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### Guideline Review History

Version	Updated by	Date Updated	Summary of Changes

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## Medela Calesca Milk Warming and Thawing Device - NICU

### 1 Overview

#### 1.1 Purpose

To defrost and warm enteral feeds to maintain the optimal integrity of human milk and to provide a safe, hygienic and standardised method for preparing feeds.

It has been theorised that milk temperature can influence infant body temperature. Research has shown that infant stomach temperature decreases when room temperature gavage feeding is given. Feeding preterm infants milk at body temperature has been associated with improved feed tolerance (decreased gastric residuals) indicating that warming feeds to body temperature, whilst maintaining the bioactivity of its delicate compounds, is beneficial to preterm infants.

#### 1.2 Staff group

Te Whatu Ora Waikato staff working in NICU.

#### 1.3 Patient / client group

Babies in NICU.

#### 1.4 Definitions and acronyms

<b>EBM</b>	Expressed Breastmilk
<b>DEBM</b>	Donor Expressed Breastmilk
<b>NICU</b>	Newborn Intensive Care Unit
<b>TF</b>	Term Formula
<b>PTF</b>	Preterm Formula

### 2 Clinical management

#### 2.1 Competency required

- Registered Nurses who have completed orientation in NICU
- Enrolled Nurses who have completed orientation and are working under the direction and delegation of a registered nurse

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### 2.2 Equipment

- Medela Calesca Warming and Thawing Device
- Disposable Insert
- Warming container / Syringe (with cap) / Bottle (with lid and no teat)

### 2.3 Guideline

- 1) Plug the device into a wall power outlet and press the power button on the display panel.
- 2) Label the insert with patient information, date and time.



Picture 1



Picture 2

- 4) Only one container can be warmed at a time. Always use a lid on the container or cap on the syringe. Place the milk container on the centre of the tray (picture 3) OR insert the tip of the syringe through the round grommet of the insert until the flange of the syringe is flat against the insert face (picture 4). **Note:** bottles must not be warmed with a teat. Milk storage bags must not be warmed.



Picture 3



Picture 4

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- 5) Select “Warming” or “Thawing” mode (Note: The Default mode is “Warming”).
- 6) Confirm the mode by pressing “enter”.
- 7) For warming mode, select starting temperature: Room temperature 20°C, fridge temperature 4°C, freezer temperature -20°C
- 8) Confirm the option by pressing “enter”.
- 9) Use the arrows to enter the volume of feed in the container and press “enter” to confirm.
- 10) The device’s screen will flash the information that was entered into the unit and display the completion time.
- 11) If the information is correct, press “start”.
- 12) When the cycle is complete, the visual indicator will flash green and the audible indicator will chime.
- 13) Remove warmed enteral feed and feel the container to check that the temperature is correct and milk has warmed. The milk temperature will be stable for 30 minutes after warming.
- 14) When thawing, remove the thawed milk and place it immediately in the fridge. The milk is supposed to have ice crystals at the end of thawing.

### 2.4 Process to prevent potential complications

- All feeds are to be prepared at the infant’s bedside. When decanting or preparing EBM/DEBM two nursing staff must check the EBM/DEBM
- Only thaw/warm required volume
- Never refreeze or reheat breastmilk

### 2.5 After care

- Use neutral detergent wipes to clean the device and insert after use.
- Keep the insert in the patient environment for further use. Replace insert every 24 hours or earlier if damaged or contaminated by milk.

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### 3 Evidence base

#### 3.1 Bibliography / References

- Quick Reference Guide, Medela AG, Lättichstrasse 4b, 6341 Baar/Switzerland, [ism@medela.ch](mailto:ism@medela.ch), [www.medela.com](http://www.medela.com)
- Calesca Warming/Thawing Device, Product Guide. Medela AG, Lättichstrasse 4b, 6341
- Baar/Switzerland, [ism@medela.ch](mailto:ism@medela.ch), [www.medela.com](http://www.medela.com)
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- Clinical Nurse Consultant Neonatal RPAH, Clinical Midwife Consultant Lactation and Infant Feeding RPAH (13 February 2020). SLHD Policy Compliance Procedure Safe Management of Expressed Breast Milk in Hospital. Retrieved 22 May 2023 from: [https://www.slhd.nsw.gov.au/RPA/neonatal%5Ccontent/pdf/guidelines/Safe\\_Management\\_EBM\\_SLHD\\_PCP2020\\_003.pdf](https://www.slhd.nsw.gov.au/RPA/neonatal%5Ccontent/pdf/guidelines/Safe_Management_EBM_SLHD_PCP2020_003.pdf)

#### 3.2 Associated Te Whatu Ora Waikato Documents

- [Enteral Feeding in Newborn Intensive Care Unit \(NICU\)](#) (Ref 4945)
- [Labelling, handling, storage, transport and administration of human milk](#) (Ref 2771)
- [Necrotising Enterocolitis Care Bundle in Newborn Intensive Care Unit](#) (6171)
- [Oral Immune Therapy in the Newborn Intensive Care Unit \(NICU\)](#) (6169)
- [Ukaipo-Breastfeeding](#) (Ref. 0132)

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**Appendix A**



**Calesca Quick Card**



**Operation description**


1. Select mode	WARM Warming mode	THAW Thawing mode
2. Warming or thawing from	Room temperature ~20°C Fridge temperature ~4°C Freeze temperature ~ -20°C	Freeze temperature ~ -20°C
3. Quantity selection	000 mL	

These quick instructions do not replace the regular Instructions for Use.  
Please refer to Calesca Instructions for Use for more detailed information.  
Always check milk temperature before feeding.

**Medela Calesca Milk Warming and Thawing Device - NICU**

**Calesca – Warming and thawing times**

Quantity	Warming from:			Thawing from:
	Room temp.	Refrigerator	Freezer	Freezer
10 ml	4 min 19 s	6 min 25 s	29 min 12 s	12 min 25 s
20 ml	4 min 48 s	7 min 36 s	34 min 03 s	14 min 17 s
30 ml	5 min 04 s	8 min 16 s	37 min 06 s	15 min 22 s
40 ml	5 min 16 s	8 min 41 s	38 min 38 s	16 min 09 s
50 ml	5 min 28 s	9 min 06 s	40 min 10 s	16 min 56 s
60 ml	5 min 40 s	9 min 31 s	41 min 42 s	17 min 43 s
70 ml	5 min 52 s	9 min 56 s	43 min 14 s	18 min 30 s
80 ml	6 min 04 s	10 min 21 s	44 min 46 s	19 min 17 s
90 ml	6 min 16 s	10 min 46 s	46 min 18 s	20 min 04 s
100 ml	6 min 28 s	11 min 11 s	47 min 50 s	20 min 51 s
110 ml	6 min 40 s	11 min 36 s	49 min 22 s	21 min 38 s
120 ml	6 min 52 s	12 min 01 s	50 min 54 s	22 min 25 s
130 ml	7 min 04 s	12 min 26 s	52 min 26 s	23 min 12 s
140 ml	7 min 16 s	12 min 51 s	53 min 58 s	23 min 59 s
150 ml	7 min 28 s	13 min 16 s	55 min 30 s	24 min 46 s
160 ml	7 min 40 s	13 min 41 s	57 min 02 s	25 min 33 s
170 ml	7 min 52 s	14 min 06 s	58 min 34 s	26 min 20 s
180 ml	8 min 04 s	14 min 31 s	60 min 06 s	27 min 07 s
190 ml	8 min 16 s	14 min 56 s	61 min 38 s	27 min 54 s
200 ml	8 min 28 s	15 min 21 s	63 min 10 s	28 min 41 s
210 ml	8 min 40 s	15 min 46 s	64 min 42 s	29 min 28 s
220 ml	8 min 52 s	16 min 11 s	66 min 14 s	30 min 15 s
230 ml	9 min 04 s	16 min 36 s	67 min 46 s	31 min 02 s
240 ml	9 min 16 s	17 min 01 s	69 min 18 s	31 min 49 s
250 ml	9 min 28 s	17 min 26 s	70 min 50 s	32 min 36 s

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