

## Creatocrit Testing

### **What is it?**

The creatocrit analyzer is a machine used to measure the caloric content of breastmilk.

### **How does it work?**

The machine works like a centrifuge, using centrifugal force to separate the different parts of breastmilk. The “crematocrit”, or cream layer, is then measured and used to calculate the calories per ounce of the breastmilk sample. Because the fat content of breastmilk varies widely throughout the day, the test is completed on three samples drawn at separate times of day, and then the results are averaged. This allows for a more accurate representation of baby’s caloric intake.

### **Should I have my breastmilk tested?**

Creatocrit testing is a great resource for any breastfeeding mom. It can be especially helpful for moms of low-birth-weight or premature infants, or for babies who are not gaining well despite appropriate feeding. However, any mom is welcome to have their milk tested, and many moms get their breastmilk tested simply because they are curious about their baby’s caloric intake, or to compare the calorie content of different types of milk (eg. Newborn vs. 12 mo old baby, morning vs. evening milk, etc.).

### **What is the cost?**

Typically, insurance does not cover the cost of creatocrit testing. To make it easy and affordable for moms, the Breastfeeding Center charges a flat fee of \$25, due at the time of specimen drop-off, which covers the testing of all three samples (typically, a sample of a morning, afternoon, and evening pump).

### **I would like to have my breastmilk tested. What do I do?**

Great! Call the Breastfeeding Center and let us know. We will need *three* samples of breastmilk. *Please read all the following before bringing in your milk:*

- Each specimen needs to be in a separate, clear container (bag, bottle, etc.). You will not get the milk OR the containers back after testing – be sure to use a disposable container!
- To get an accurate result, collect milk from pump sessions that *replaced* a nursing session. If baby has already fed from the breast before pumping, results will be inaccurate.
- Each sample needs to be at least half an ounce.
- To avoid wasting breastmilk, it is ok to separate out 0.5 oz from a larger pump session. Just make sure to mix the milk well before separating out the half ounce for your specimen.
- Each sample should be from a separate pump session, preferably from different times of day (ie., morning, afternoon, evening).
- Label each container with your full name, date of birth, and time/date of the sample. This is important so we can get your results back to you quickly. If you have never been a patient at the Breastfeeding Center, please also include your phone number, so we can call you with results.

When your samples are ready, stop by the Breastfeeding Center to drop them off before 3pm any weekday. Please note: the \$25 test fee will be due at time of drop off. We will call you with results within 24-48 hrs. Please call for any questions! We are happy to talk about this great resource!