




Useful Information For Mothers


 Faculty contact for breastfeeding room issues:

073-378 @technion.ac.il

 Contact person for safety matters in laboratories for pregnant and breastfeeding women:

Dr. Messer Esther
077-8871375 | 054-9381035 messer@technion.ac.il

 Application for adjustments due to fertility treatments, pregnancy, birth, adoption, custody or fostering of a child


 The National Center of Teratology Information Specialists:


The National Center of Teratology Information Specialists provides advice and guidance on safety or birth defects related to pregnancy as a result of drug abuse, substance abuse, exposure to infections, radiation, chemicals, maternal diseases, and environmental toxins.

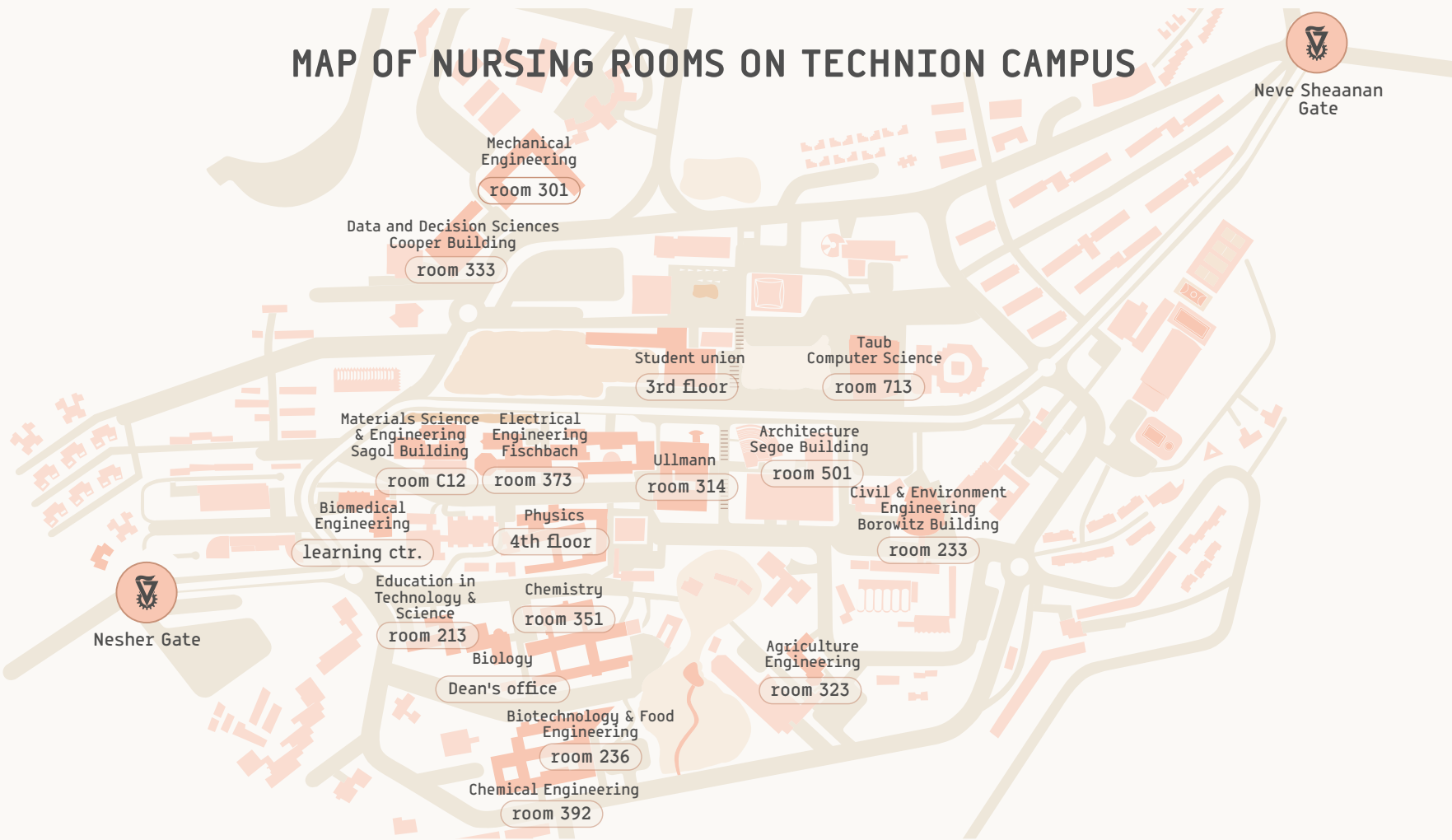
02-5082825 Sunday to Thursday 9am to 2pm


 Useful Facebook groups: Hebrew speaking groups, English speakers are welcome.

 Technion Female Students

 Technion Mothers


 Smart-Mama - Student mothers and mothers to be



 Breast milk storage instructions:



Way of storage	Temperature	Recommended storage time	Possible storage time	Remarks
Room tempearture	16-19°C	3-4 hours	up to 6 hours	
Cooling container with ice			up to 24 hours	Keep continuous contact between the ice and milk container, move to the fridge as soon as possible
Fresh milk in fridge	4°C or less	3 days	5-8 days	Store at the back of fridge
Frozen milk thawed in fridge	4°C or less		up to 24 hours	Store at back of fridge
In freezer with separate door from fridge or separate freezer (deep freezing)	-18°C or less	6 months	12 months	Store at back of freezer

 Formula storage instructions: The formula is served immediately after its preparation, if not eaten within one hour, the rest must be thrown away. You can prepare another dish in advance and keep in the fridge for up to 8 hours.