



## Creamatocrit Testing

### *What is Creamatocrit testing?*

The lipid content in a mother's milk can be measured quickly and accurately using the creamatocrit. Since 1978 it has been used extensively in lactation research. It requires a few drops of milk placed in a capillary tube to be centrifuged so that the lipid – or “cream” – separates from the aqueous part of the milk. This allows for calculation of the percent of cream to total milk volume, which is then converted in order to estimate the lipid and caloric content.

### *How is it useful?*

Being able to see their own breast milk's nutritional value can be beneficial for mothers, particularly of premature babies. Mothers can go back to the Pediatrician and speak to the doctor with confidence regarding the caloric supplementation of their breast milk.



Yes, I would like Creamatocrit testing done during this office visit. I understand the cost is \$25 and not covered by insurance.

Patients Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Print \_\_\_\_\_ DOB \_\_\_\_\_

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