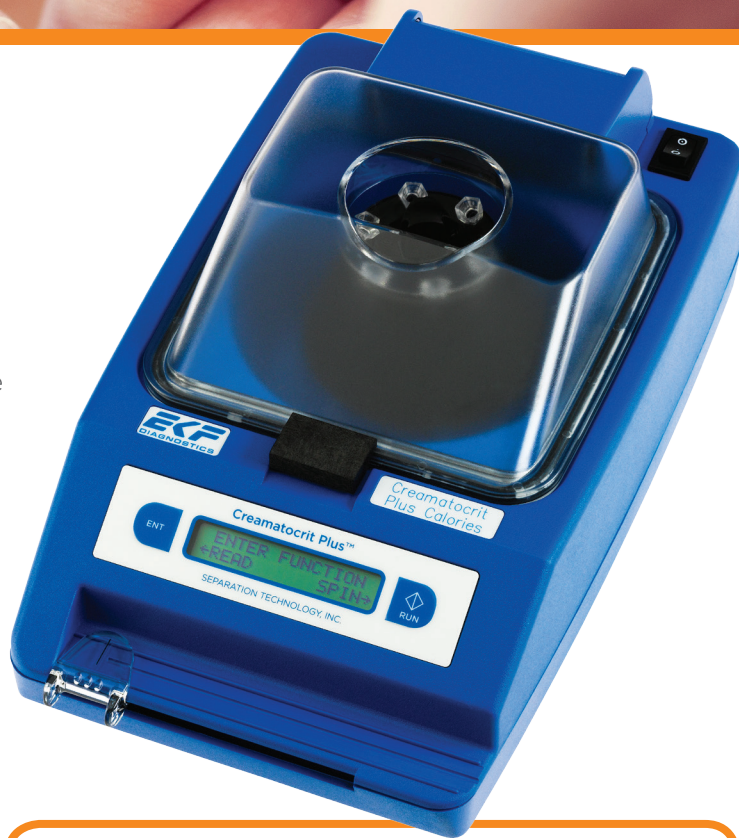
A close-up, warm-toned photograph of a woman with light brown hair breastfeeding her baby. The woman is looking down at the baby with a gentle expression. The baby is wearing a pink onesie and is looking up at the woman. The background is a soft, out-of-focus natural setting with warm light.

Creamatocrit: The Measure of Mothers' Milk



What is Creamatocrit?

The Creamatocrit is a quick, accurate and easy-to-perform measurement of the lipid content in mother's milk. Used extensively in lactation research since 1978, it involves placing a few drops of milk in a capillary tube, and centrifuging it so that the lipid – or “cream” – separates from the aqueous part of the milk. The percent of cream to total milk volume is calculated and converted to estimate of lipid and caloric content. Previously, the Creamatocrit was performed with a cumbersome laboratory centrifuge and calipers, which limited its clinical use. The EKF Diagnostics Creamatocrit Plus™ is small, whisper-quiet and quick solution with embedded reader for calorie calculations, making it ideal for the lactation consultation settings.



Why is it useful to measure the lipid and calories in mothers' milk?

The Creamatocrit Plus™ helps support and promote healthy breastfeeding. Mothers feel great when they see their breast milk's nutritional value. This especially holds true for the mothers of premature infants, who are able to go back to the NICU and speak to the doctor with confidence regarding the caloric supplementation of their breast milk. They often get approval for vitamin and mineral supplementation only, not supplementation for calories.

“Creamatocrit helps us explain to mothers and providers how much more nutritious breast milk is. This helps parents and providers choose breast milk over formula when there is a need for supplementation. It is very easy to use and very reliable. The need to know calorie content, especially for premature and high risk babies is why we decided to start using it and it's been the best decision”.

Susan Glaeser, RNC, BSN, IBCLC
RN-Supervisor, Mom's Place WIC Austin, TX

How Creamatocrit is used?

1. As a scientifically supported motivation for breastfeeding compared to formula.
2. As a teaching tool when the baby is not achieving desired weight gain.

How does the Creamatocrit Plus™ work?

1. Fill up to six tubes with a few drops of milk and seal
2. Spin for 3 minutes
3. Mark off the separated lipids on the built-in reader tray
4. Read the Creamatocrit result and estimated nutritional value

“Creamatocrit helps us build mom's confidence in her ability to provide her baby with nutritious milk. Mothers like to be able to hear that their milk is everything their baby needs”.

Erin James, Choctaw Nation
WIC Lactation Coordinator

Resources

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