



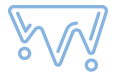







# Breastmilk storage instructions

Breastmilk storage is easy once you get the hang of it.



- Wash your hands before expressing or handling breastmilk.
- Store breastmilk in clean containers, such as screw cap bottles or bags designed to store breastmilk that fit directly onto breast pumps. Avoid using ordinary plastic storage bags that could easily leak or spill.
- Clearly label and date expressed milk.
- Store in refrigerator or freezer (depending on when you will use it).
- Do not add fresh milk to already frozen or chilled refrigerated milk.
- **Never** refreeze breastmilk after it has been thawed.

Type of Breastmilk	Storage Location & Temperatures		
	Countertop / Room Temperature 77°F (25°C) or colder	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
 <b>Freshly Expressed or Pumped</b>	 Up to 4 hours	 Up to 4 days	 Within 6 months is best; Up to 12 months is acceptable
 <b>Thawed, Previously Frozen</b>	 1–2 hours	 Up to 1 day (24 hours)	 <b>Never refreeze</b> human milk after it has been thawed
 <b>Leftover from a Feeding (Unfinished bottle)</b>	 Use within 2 hours after baby is finished feeding		