

# Breastmilk Storage Guidelines

For Healthy Full-Term Babies

	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-contained Fridge Unit	Deep Freezer
Freshly Expressed Breastmilk	4 Hours at 66-72° F	24 hours at 59°F	4 Days at 32-39° F	6 months	6-12 months at 0° F
Thawed Breastmilk (previously frozen)	Up to 2 Hours	Do Not Store	24 hours	Never refreeze thawed milk	Never refreeze thawed milk

**Breastmilk spoils like cow's milk, if it smells sour—toss it out!**

## Storing Breastmilk

- It is normal for pumped milk to vary in color, smell and consistency, depending on your diet and time of day. Stored milk will separate into layers with the creamier milk rising to the top. Gently roll the warmed bottle to mix the layers; do not shake!
- You are able to add milk to the same container if collected within 24 hours. You should chill the freshly pumped milk before adding it to the bottle.
- You have 24 hours to put milk in the freezer after pumping.
- You are able to store your milk in any glass or plastic bottle with a locking lid or a breastmilk storage bag.
- Seal containers tightly and store upright. Store container in the back part of the refrigerator or freezer so it is closest to the cooling unit. Do not put milk in the door because the temperature fluctuates when you open the door.
- Write the date on a piece of tape. Do not write with marker on the container. Use the oldest milk first.

## Determining How Much Milk To Leave

- It is a good idea to come into the clinic about three times in the couple of weeks before returning to work to get a before and after weight check. This allows you to get average milk consumption for your baby. It is not abnormal for your baby to take 1/2 -1 ounce more from the bottle since it comes faster.
- Most breastfed babies will level out at 3-4 ounces at a feeding. If a baby appears to still be hungry after taking the bottle, add an additional 1/2 -1 ounce at a time to satisfy. Choose a slow-flow nipple to reduce the amount baby gulps during feeding. This helps prevent wasting milk. Milk must be discarded within 2 hours after feeding begins as this is the time when bacteria starts to grow.

DO	DON'T
HEAT MILK IN A BOWL OF WARM WATER	BOIL OR MICROWAVE MILK
GENTLY ROLL MILK TO INCORPORATE SEPERATED MILK	SHAKE MILK CONTAINER