

BREAST MILK STORAGE GUIDELINES

FOR HEALTHY BABIES

Type of Breastmilk	Room Temperature 60-75°F	Refrigerator 40°F	Freezer 0° or colder (-18°C)	Deep Freezer 4°F (-20°C)
Freshly expressed/ pumped	4-8 hours 4 hours ideal	4-8 days 4 days ideal	3-6 months 3 month ideal	6-12 months is acceptable
Thawed, Previously Frozen	1-2 hours	Up to 1 day after it has been thawed (24 hours)	Never refreeze human milk after it has been thawed	Never refreeze
Left over from a feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished the feeding			

- Wash hands before nursing or pumping.
- Use “oldest” milk first. Label milk with date.
- Thaw milk in refrigerator overnight or hold bottle under warm running water or place in warm bowl of water.
- To bring milk up to body temperature, place sealed container in a bowl of warm water for 20 minutes.
- Thawed milk is safe in refrigerator for 24 hours.
- NEVER refreeze milk.
- NEVER microwave breast milk.

If you have questions or concerns, call McLaren’s lactation consultant or midwives:

Leslie Yocom, RNC-OB, LCE, IBCLC – available for appointments or calls, **(810) 342-5616**

Lisa Cavett, MSN, CNM – available for lactation appointments, call **(810) 342-1750**

Rachelle Marble, MSN, CNM – available for lactation appointments, call **(810) 342-1750**

