



Breastmilk Storage Guidelines

Milk Storage Guidelines

<u>Where</u>	<u>Temperature</u>	<u>Time</u>	<u>Comments</u>
At room temperature (fresh pumped milk only)	60° to 85° F (16° to 29° C)	4 hours optimal 6-8 hours acceptable under very clean conditions	Contents should be covered and kept as cool as possible.
Insulated cooler bag	5° to 39° F (-15° to 4° C)	24 hours	Keep ice packs in constant contact with milk containers
In a refrigerator	<39.2° F (<4° C)	4 Days optimal 5-8 days under very clean conditions	Store milk in the back of the main body of the refrigerator.
Freezer	24.8° F (< -4° C)	6 months optimal 12 months acceptable	Store milk away from sides and toward the back of the freezer where the temperature is most constant.

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How to Warm Breastmilk

Frozen milk: Thaw breastmilk in the refrigerator overnight or place the container of breastmilk in a bowl of warm tap water for about 15 to 20 minutes to allow the milk to reach room temperature.

Refrigerated milk: Place the container of breastmilk in a bowl of warm tap water for 10 to 15 minutes to allow the milk to reach room temperature.

Thawed milk: Previously frozen milk that has been thawed can be kept in the refrigerator for up to 24 hours after the large ice chunk has melted. **Do not refreeze thawed milk.**



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Tips

Milk that is not finished in a feeding should be used within two hours; the milk should be discarded if longer than 2 hours. It may be helpful to warm milk in smaller amounts to prevent wasting.

It is normal for breast milk to separate. It may appear to be thicker on top when it is stored. Gently swirling the bottle will redistribute the fat content.

Breast milk may come in many colors, including green, gold and white, but it does not affect the quality of the milk. All colors of breast milk are safe for your infant.

If needing to pump breast milk for an occasional bottle, it may be helpful to pump:

- After the first morning feeding, the milk supply is greatest in the AM.
- After nursing
- In place of feeding while bottle of previously pumped milk is being used.

Do not use a microwave oven to heat breastmilk. Microwaves do not heat liquids evenly and may leave hot spots in the container of milk, which will cause burns to the infant.