

Human Milk Storage Guidelines

- Wash your hands before expressing or handling human milk.
- It is best to store human milk in glass, BPA free hard plastic bottles or milk freezer bags. For preterm or hospitalized babies use a sterile container (volufeed/syringe).
- Make sure to label the container or bottle with baby's information as well as the date and time the milk was expressed.

	Room Temperature (20° C or 68° F)	Refrigerator (4° C or 40° F)	Cooler with Ice Packs	Freezer (-18° C or 0° F)	Deep Freezer
Freshly Expressed or Pumped Milk	Term/Healthy Baby: Up to 6 Hours Preterm or Hospitalized Baby*: Up to 4 hours	Term/Healthy Baby: Up to 5 Days Preterm or Hospitalized Baby: 48 Hours	24 Hours	3-6 Months	6-12 Months
Thawed or Previously Frozen	Use Immediately	24 Hours from taking it out of the freezer.	4 Hours	Thaw milk under warm running water, in a cup of warm water or in the refrigerator. Do not thaw milk at room temperature. Swirl milk to mix. Do not heat on a stove or in a microwave there is a risk of hot spots causing severe burns to baby. <u>Do not re-freeze previously thawed milk!</u>	
Leftover from a Feeding (unfinished bottle)	Do not keep thawed milk. Use within 2 hours of feeding as long as you are still within the timeframes above.				

*When providing milk to a preterm or hospitalized baby it is best that baby receive the milk as soon as possible to get the benefits of live milk. **For more support with feeding your baby please visit:**

parentinginottawa.ca

ottawabreastfeeds.ca

cpbf-fbpc.org