

HUMAN MILK STORAGE GUIDELINES

	FRESHLY PUMPED	THAWED (PREVIOUSLY FROZEN)
REFRIGERATOR	<ul style="list-style-type: none"> As soon as possible* Up to 4 days <p>Can move to freezer after it has been in refrigerator for up to 4 days.</p>	<ul style="list-style-type: none"> Up to 1 day (24 hours)
FREEZER WITH SEPARATE DOOR	<ul style="list-style-type: none"> Up to 6 months (best) Up to 12 months (OK) 	<ul style="list-style-type: none"> Never refreeze thawed breastmilk
LEFTOVER FROM A FEEDING	<ul style="list-style-type: none"> Use within 1 hour Throw away after 1 hour 	<ul style="list-style-type: none"> Use within 1 hour Throw away after 1 hour
COOLER BAG WITH ICE PACKS	<ul style="list-style-type: none"> Up to 24 hours <p>Move to refrigerator or freezer as soon as possible.</p>	<ul style="list-style-type: none"> Limit to time needed for transporting between places

*Can keep freshly pumped breastmilk that has not been offered to the baby at room temperature up to 4 hours if no refrigeration is available.



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