



Breastfeeding

Collection and Storage of Breast Milk

IMPORTANT

Storage times for freshly expressed breast milk:

- Room temperature:
30-38 degrees: 4 hrs.
25 degrees: 4-6 hrs.
19-22 degrees: 10 hrs.
- Refrigerator at 0-4 degrees:
up to 8 days
- Freezer:
Single door fridge: 2 weeks
Separate door fridge freezer:
3-4 months
Chest style deep freezer (-20 degrees): >6 months

Storage times for previously frozen breast milk:

- Room temperature: 1 hr.
- Refrigerator: 24 hrs.

Do not refreeze breast milk.

Collection of breast milk:

- Use a clean container (glass or plastic) to store your breast milk every time that you pump. Glass is the most preferable, followed by clear, hard plastic, then, cloudy plastic.
- Double bag breast milk if using bottle liners when freezing.
- Label the container with the date of collection.
- Use the longest stored/oldest milk first.

Storage of breast milk:

- Expressed breast milk has properties to keep it fresh and safe for feeding.
- Freshly expressed breast milk at room temperature may be kept for:
 - 15 degrees—24 hours
 - 19-22 degrees—10 hours
 - 25 degrees—4-6 hours
 - 30-38 degrees—4 hours
- Expressed breast milk in a refrigerator (at 0-4 degrees) may be kept for up to 8 days.
- Expressed breast milk may be kept in a separate door fridge freezer for 3 to 4 months.
- Expressed breast milk may be kept in a chest style deep freezer for more than 6 months.
- The odour of expressed breast milk may change as the fats prepare to be digested; it remains safe to use.
- Freshly expressed breast milk can be added to already frozen milk if it is cooled first and there is less fresh milk than frozen milk.
- Any milk expressed within a 24 hour period can be expressed directly into the same container if the previously expressed milk was stored between 0 and 15 degrees.
- NOTE: Storage guidelines may be different if the baby is in NICU; please discuss guidelines with NICU staff.

