Storage and Thawing of Breast Milk

Storing Breast Milk

Check with your hospital for specific storage instructions. For most healthy term babies, breast milk can be stored in plastic bags, or in glass or plastic bottles. When freezing, fill containers less than 3/4 full to allow for space expansion. These guidelines are for healthy full term babies and may vary for premature or sick babies. Check with your healthcare provider. Guidelines are for home use only and not for hospital or child care use.

<table>
<thead>
<tr>
<th>Freshly expressed breast milk</th>
<th>Countertop or Table up to 77F (25°C)</th>
<th>Cooler with 3 frozen ice packs 5-40°F (-15-4°C)</th>
<th>Refrigerator not in the door Below 40°F (4°C)</th>
<th>Freezer compartment not in the door Below 5°F (-15°C)</th>
<th>Separate freezer compartment At or below 0°F (-18°C)</th>
<th>Upright, deep, or chest freezer At or below -4°F (-20°C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly expressed breast milk</td>
<td>Up to 4 hours</td>
<td>24 hours</td>
<td>Up to 4 days</td>
<td>2 weeks</td>
<td>Up to 6 months</td>
<td>Up to 12 months</td>
</tr>
<tr>
<td>Thawed breast milk (previously frozen)</td>
<td>1 Hour</td>
<td>Do not store</td>
<td>24 hours</td>
<td>Never refreeze</td>
<td>Never refreeze</td>
<td>Never refreeze</td>
</tr>
</tbody>
</table>

**Important Notes:**
- If the temperature in the room, car or outdoors is higher than 77°F, chill milk immediately to preserve freshness.
- Never add freshly expressed unrefrigerated breast milk to frozen milk.

Thawing Breast Milk

- Rotate containers so you use the oldest breast milk first.
- Thaw frozen breast milk under cool, running water or in the refrigerator no more than 24 hours before use. Milk can then be warmed under warm, running water before feeding.
- Never thaw breast milk at room temperature.
- Never thaw breastmilk in the microwave. Microwaves can cause hot spots and destroy some of the healthy benefits of breast milk.
- Separation of the fat in breast milk may occur during storage. Swirl gently before feeding.
- Breast milk that is no longer safe to use will smell bad, appear curdled, or may be refused by the baby.

For more information, support and guidance contact your breastfeeding coordinator or WIC staff at: __________________________
Cleaning and Sterilizing of Breast Pump Parts

Uses

- To collect breast milk during short term absences from the baby.
- Maintain a milk supply if breastfeeding is temporarily interrupted.
- Relieve engorgement or sore nipples. Pumping while massaging is helpful to relieve engorgement.

Cleaning & Sterilization

Follow these cleaning instructions in the hospital or at home unless your healthcare provider tells you otherwise.

- Wash hands before touching breasts or containers and avoid touching the inside of containers or lids.
- Before cleaning, take apart all parts of the kit (breast shields, valves, membranes, bottles & lids). Be sure to take off the valve from the breast shield and separate the white membrane from the valve before cleaning.
- Sanitize prior to first use by putting all parts that come in contact with breast milk into a pot of boiling water and boil for 10 minutes.
- After each use clean all parts that come in contact with breast milk with warm soapy water. Rinse with clean water and air-dry on a clean towel. All parts may also be washed in the top rack of the dishwasher.

Tubing Care

Inspect tubing after each use for milk or water

- If water appears in tube, continue running the pump with the tubing attached for another 1-2 minutes.
- If milk appears in the tube, turn the pump off and unplug. Remove and take apart all outside pump parts. Rinse tubing in cool water to remove breast milk. Shake water droplets out of the tubing and hang to air-dry. For faster drying, attach tubing to pump and run pump 1-2 minutes or until dry.