

# TOP TIPS FOR BREASTMILK STORAGE

## IN HOSPITAL:

Fresh expressed breastmilk (EBM) at room temperature can be stored for 4 hours

Fresh EBM in the refrigerator can be stored for 72 hours \*advise mothers that they should take unused EBM home when they leave, and that any EBM that is left in the fridge will be disposed of after 72 hours\*

Frozen milk should be thawed in the refrigerator and can be stored in the refrigerator for 24 hours once thawed.

If you need to thaw it quickly, warm the frozen milk container in a jug of warm water until thawed and use milk immediately. Always test temperature before giving milk to baby.

**Please label each syringe / bottle of milk individually with Mum's Name, D.O.B, Hospital Number and the Date and Time of expression.**

## AT HOME:

Fresh milk at room temperature can be stored for up to 6 hours

Fresh milk at the BACK of the fridge (0-4 degrees) can be stored for 5 days

Fresh milk in the DOOR of the fridge (Below 10 degrees) can be stored for 72 hours

Frozen milk can be stored for **up to** 6 months in a freezer. It should be thawed in the refrigerator and can be stored in the refrigerator for 24 hours once thawed. If you need to thaw it quickly, warm the frozen milk container in a jug of warm water until thawed and use milk immediately. Always test temperature before giving milk to baby.

## WARMING MILK:

Ideally warm up fresh milk at room temperature. If milk is needed quickly, put milk container into a jug of warm, not boiling, water for 30-60 seconds. Milk may need gentle mixing if it begins to separate. Always check milk temperature before giving to baby. Any unused milk should be discarded at the end of the feed.

**NEVER MICROWAVE ANY MILK FOR BABIES.**

DO NOT REFREEZE MILK ONCE THAWED

WHEN REMOVING FRESH MILK FROM THE REFRIGERATOR, USE WITHIN 4 HOURS

WHEN REMOVING PREVIOUSLY FROZEN MILK FROM THE REFRIGERATOR, USE WITHIN 1 HOUR

WHEN TRANSPORTING MILK, USE A COOL BAG AND ICE PACKS (TO KEEP MILK COOL FOR UP TO 24HOURS), PUT BACK INTO REFRIGERATOR AT HOME AND USE WITHIN 72HOURS OF EXPRESSING.