



Breastmilk Storage

You've worked so hard pumping breast milk so it's important to make sure your hard work doesn't go to waste. Here are some tips for proper storage. Use any clean container: plastic, glass or nurser bags.

You can store your breastmilk...

- Room temperature for up to 5-6 hours
- In a cool box with ice packs for up to 24 hours
- In a refrigerator for up to 5 days (in the coldest part of your fridge away from food)
- In a home freezer for up to 6 months (in the coldest part of your freezer away from food)
if your freezer is cold enough to keep ice cream solid then the temperature is perfect



Layering breastmilk

You can add "new" milk to previously chilled or frozen milk. Chill the "new" milk for an hour before adding it to the container of milk. The expiration of the milk will now be when the original milk was expressed.

Thawing Frozen Milk

- Breastmilk can be thawed in a container of lukewarm water in a few minutes. After thawing, it can be warmed to room temperature for serving. Never make it warmer than room temperature.
- You may notice that the milk separates if it's been frozen for a while – don't worry. Give it a gentle shake after thawing it.
- You can freeze small amounts in a covered ice cube tray. Smaller quantities defrost quickly and are perfect to add some breastmilk to mix with food when your baby is eating solid foods.
- Throw away any milk left in a bottle after a feeding – don't put it back in the fridge or re-freeze it.
- Never microwave breastmilk and never re-freeze breastmilk once it's thawed.



Questions?

Please don't hesitate to call our office to talk to **Maureen Mills, RN, IBCLC** our **Board-Certified Lactation Consultant** or schedule an appointment with her for feeding help. Email lactation@potomacpediatrics.com

Questions about pumping or breastfeeding in general? Call our friendly triage nurses at 301-279-6750 or visit potomacpediatrics.com/lactation to view all the newborn breastfeeding resources that we have to offer.

Newborn Support Group- Join her on every 2nd and 4th Wednesday of the month from 1-2 pm. Just drop-in for free! No sign up necessary.