

Breastmilk Storage Hints

	<i>Hospital</i>	<i>After Discharge</i>
Room Temperature	4 hours for all breastmilk (fresh, thawed, fortified, & warmed)	FRESH: 6 hours ALL OTHER MILK: 4 hours (previously refrigerated, thawed, fortified, and/or warmed)
Refrigerator	FRESH: 48 hours	FRESH: Up to 5 days
	ALL OTHER MILK: 24 hours	ALL OTHER MILK: 24 hours
Freezer	Up to 12 months. <ul style="list-style-type: none"> Freeze all milk before using for infants <32 weeks of age. Do NOT refreeze milk that has been thawed unless it is still at least 50% frozen. NEVER freeze milk that has been fortified and/or warmed. 	STANDARD FREEZER: 3-6 months DEEP FREEZER: Up to 12 months <ul style="list-style-type: none"> Do NOT refreeze milk that has been thawed unless it is still at least 50% frozen. NEVER freeze milk that has been fortified and/or warmed.

Colostrum Swabbing (with order only):

- Colostrum refers to the milk pumped during the first week of life.
- Fresh colostrum may be used (without freezing) regardless of age.
- Colostrum swabbing should only be done until feedings begin.

Helpful Hints:

- Always discard any milk from the bottle that you have used to feed a baby within 1 hour. It should never be re-refrigerated or frozen.
- We suggest storing milk in glass or hard plastic bottles instead of bags.
- It is best to transport milk in a cooler with ice packs to keep it cold.
- **What if a mother brings in fresh milk that has been in the refrigerator more than 48 hours?**
 - If milk has been refrigerated more than 48 hours, but less than 5 days, do NOT discard.
 - Please have the mother take this milk home and freeze right away for use after discharge.
 - Make sure she labels this milk so that she doesn't bring it back in.
- **If you are unsure if you should use breastmilk brought in, label & freeze it and contact lactation.**