**Human Milk Storage for Home**

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| **Room Temperature** | **Fresh:** 6 hours  **All other milk:** 4 hours (refrigerated, thawed, fortified)  **Warmed milk:** 2 hours (1 hour if touched by mouth) |
| **Refrigerator** | **Fresh:** 5 days  **Thawed &/ or Fortified:** 24 hours |
| **Freezer** | **Freezer attached to refrigerator:** 6 months  **Deep Freezer:** 12 months |
| * 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 |

\*Clean/ sanitize your pump parts per pump instructions.