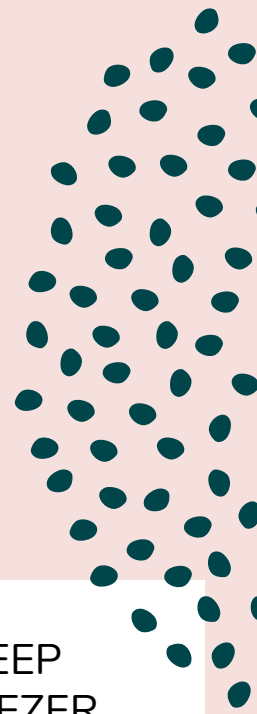
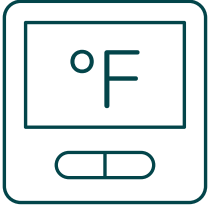

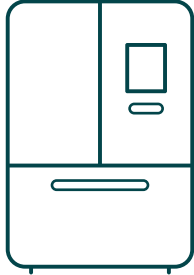
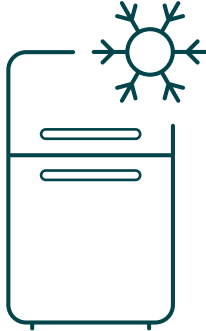
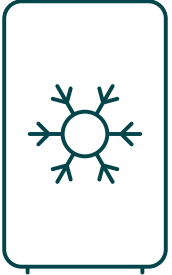


How to Store Your Breast Milk

Aeroflow  Breastpumps



COUNTERTOP/ ROOM TEMP	COOLER OR INSULATED BAG	REFRIGERATOR	FREEZER	DEEP FREEZER
				
60°-85°F	5°-39°F	39°F	0°F	-4°F
4 hours (optimal)	24 hours	4 days (optimal)	3-6 months	6-12 months
6-8 hours at lower temperatures		5 days acceptable		
<p>Contents should be covered and kept as cool as possible.</p> <p>If thawed (previously frozen), 1-2 hours at room temperature.</p>	<p>Keep ice packs in constant contact with milk containers; limit opening cooler bag.</p>	<p>Store milk in the back of the refrigerator, not on the refrigerator door.</p> <p>If thawed (previously frozen), up to 1 day (24 hours) in refrigerator.</p>	<p>Store milk away from sides and toward the back of the freezer where temperature is most constant. Milk stored longer than these ranges is usually safe, but some of the fats break down over time.</p> <p>If thawed (previously frozen), never refreeze human milk after it has been thawed.</p>	

References:

[ABM Clinical Protocol #8](#)

[Safe Management of Expressed Breast Milk: A Systematic Review](#)



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