

# Storing & Thawing Breast Milk

It is important to know the guidelines for storing breast milk properly so that you always give your baby fresh milk.

A good information source link is The National Women's Health Information Center ([www.womenshealth.gov](http://www.womenshealth.gov)).

Mature milk, or breast milk that comes in six days after the birth of your baby, can be stored in the following ways:

## **IF YOUR BABY WAS BORN PREMATURE OR IS VERY ILL:**

Please consult your baby's health care provider.

## **IF YOUR BABY WAS BORN WITHIN THREE WEEKS OF YOUR DUE DATE (Full Term):**

- At room temperature: Breast milk after pumping is safe kept at room temperature up to 77 degrees Fahrenheit for six to eight hours. Use immediately.
- In the refrigerator: At 32 to 39 degrees Fahrenheit for up to six days
- In a separate freezer door of your refrigerator: Either above or on the side of the refrigerator: three to six months
- In the freezer INSIDE a one-door refrigerator: Good for two weeks if frozen rock solid
- In a deep chest or upright freezer: Good for six months to one year if kept at zero degrees Fahrenheit
- Thawed milk good for 24 to 48 hours.

**For more information, or to make an appointment with a lactation specialist, please call 585.396.6295.**



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