

**HUMAN MILK STORAGE - QUICK REFERENCE CARD**  
(Guidelines for Premature Infants)

	Storage Time
Freshly expressed milk (Refrigerate ASAP if not using within 4 hrs.)	
Room temperature	4 hours
Refrigerated milk (Store at back; do not store in door.)	
Refrigerator (fresh milk)	48 hours
Refrigerator (thawed milk)	24 hours
Frozen milk (Store at back; do not store in door. Do not refreeze.)	
Freezer compartment inside refrigerator door	Not recommended
Freezer compartment with separate door	3 months
Deep freeze (not attached to refrigerator)	6 months
Transporting milk (Fresh, Refrigerated or Frozen)	
Pack in insulated cooler with ice or "blue ice"	24 hours

*Save ALL the milk you pump – your milk is important to your baby.*

Storing your milk: Label storage container with your baby's name and date/time of expression. Rigid plastic or glass storage containers are best.

*The fresher the better!* When possible, take your pump kit to the hospital to pump fresh milk for baby's next feeding. When pumping at home, refrigerate milk if you plan to get your milk to the hospital within 48 hours; otherwise freeze the milk. Milk that is in the refrigerator may be frozen within 48 hours.

Store milk in 1-4 ounce portions to avoid waste and for easier thawing/warming. Milk expressed from both breasts may be combined into one container. Fill container no more than 2/3 full to allow for expansion when freezing. Cap with a solid lid (not a bottle nipple).

Thawing frozen milk: Thaw overnight in the refrigerator, or stand container in a bowl of warm water (without wetting lid) until thawed.

Previously frozen milk may be kept in the refrigerator for up to 24 hours after it has finished thawing. **Do not refreeze.**

Warming your milk: Heat water in a cup or other small container, then place container of milk in the water to warm. Do not place milk in boiling water. **NEVER microwave human milk or heat it directly on the stove.**

Handling: The cream will rise to the top of the milk during storage. Gently swirl milk (*do not shake*) to mix before checking temperature and offering to baby.

**If baby does not finish milk**, the unused warmed milk should be discarded at the end of the feeding. [Rev. 5/4/04] kellymom.com

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