

BREASTMILK STORAGE GUIDELINES

Breastmilk forms	Where to store?	How long can you store for?
Freshly Pumped Breastmilk	At Room Temperature	4-8 hours, usually 4 hours is preferred; Cool room temperature (up to 8 hours); Warm room temperature (up to 4 hours)
	Insulated cooler with ice packs	Up to 24 hours
	Refrigerator	2-3 days
Thawed Breastmilk	Refrigerator	Up to 24 hours (Do not freeze it again)
Frozen Breastmilk	Freezer (standard at home which opens frequently)	Up to 6 months
	Deep Freezer (does not open frequently)	Up to 12 months