

# Storage & Preparation of Breast Milk

## Before expressing/pumping milk



**Wash** your hands well with soap and water.



**Inspect** the pump kit and tubing to make sure it is clean. Replace moldy tubing immediately.



**Clean** pump dials and countertop.

## Storing expressed milk



**Use** breast milk storage bags or clean food-grade containers with tight fitting lids.



**Avoid** plastics containing bisphenol A (BPA) (recycle symbol #7).

### STORAGE LOCATIONS & TEMPERATURES

TYPE OF BREAST MILK	STORAGE LOCATIONS & TEMPERATURES		
	Countertop 77° F (25° C) or colder <i>(room temperature)</i>	Refrigerator 40° F (4° C)	Freezer 0° F (-18±C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1–2 Hours	Up to 1 Day	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding <i>(baby did not finish the bottle)</i>	Use within 2 hours after the baby is finished feeding		

Source: [cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)



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