

# Breastmilk Storage & Hygiene



## Before Pumping

- Wash Hands with soap
- Ensure pump kit is clean
- Inspect for mold/damage
- Clean pump dials
- Clean/Disinfect countertops

## Milk Storage Containers

- Use breast milk storage bags
- Use clean, food-grade containers
- Ensure tight fitting lids
- Avoid: Plastics with bisphenol (BPA) #7

## How to Collect and Store Milk

- Freeze milk in 2oz-4oz increments to avoid waste.
- Always label milk with the date expressed (and child's name if sending to daycare).
- Leave an inch of space at the top of container; breast milk expands as it freezes.
- Milk is safe to be stored in an insulated cooler bag with ice packs for up to 24 hours when traveling.
- Do not store milk in the refrigerator or freezer door; store milk in the back of the main area.

## Breastmilk Storage Guidelines

Storage Locations and Temperatures	Types of Breast Milk		
	Freshly Expressed or Pumped	Thawed (Previously Frozen)	Leftover from a Feeding (unfinished bottle)
Countertop 77°F (25°C) or colder (room temp)	up to 4 Hours	1-2 Hours	Use within <b>2 hours</b> after the child has finished feeding
Refrigerator 40°F (4°C)	up to 4 Days	up to 24 Hours	
Freezer 0°F (-18°C)	up to 6 mos (best) up to 12 mos (acceptable)	NEVER RE-FREEZE Breastmilk once it has thawed	

# Breastmilk Storage & Hygiene



## Thawing Milk (Thaw the oldest milk first)

### How to Thaw

- Thaw under lukewarm running water
- Place in a container of lukewarm water
- Thaw overnight in refrigerator

### NEVER

- Never use a microwave to thaw – it destroys the nutrients and can burn baby's mouth
- Never RE-FREEZE thawed milk

## Serving Milk

- Serve cold, at room temperature, or warm
- Test the temperature before serving baby by putting a few drops of milk on your wrist. It should feel warm, NOT HOT!
- Swirl to mix the milk fat which may have separated.

## Cleaning and Disinfecting Parts

- Wash pumping parts in a separate bucket or basin with a gentle dish soap.
- DO NOT wash parts in the sink. It could contaminate your pump because of all of the germs inside your sink.
- Rinse soap off well
- Air dry pump parts on a clean dish towel or paper towel

## Sanitizing Pump Parts and Bottles

- Clean in the dishwasher using hot water and heated dry (or sanitizing cycle)
- Boil in water for 5 minutes (after cleaning with soap and water)
- Steam in the microwave or a steam system according to instructions after cleaning



Schedule a  
Consult



For more info, visit  
the CDC's [website](https://www.cdc.gov).