## 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).

## Human Milk Storage Guidelines

### Storage Locations and Temperatures

<table>
<thead>
<tr>
<th>Type of Breast Milk</th>
<th>Countertop (77°F (25°C) or colder)</th>
<th>Refrigerator (40°F (4°C))</th>
<th>Freezer (0°F (-18°C) or colder)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly Expressed or Pumped</td>
<td>Up to 4 Hours</td>
<td>Up to 4 Days</td>
<td>Within 6 months is best</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Up to 12 months is acceptable</td>
</tr>
<tr>
<td>Thawed, Previously Frozen</td>
<td>1–2 Hours</td>
<td>Up to 1 Day (24 hours)</td>
<td>NEVER refreeze human milk after it has been thawed</td>
</tr>
<tr>
<td>Leftover from a Feeding</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(baby did not finish the bottle)</td>
<td></td>
<td></td>
<td>Use within 2 hours after the baby is finished feeding</td>
</tr>
</tbody>
</table>

**ACCESSIBLE VERSION:** [https://bit.ly/2dxVYLU](https://bit.ly/2dxVYLU)
Always thaw the oldest milk first.

Thaw milk under lukewarm running water, in a container of lukewarm water, or overnight in the refrigerator.

Never thaw or heat milk in a microwave. Microwaving destroys nutrients and creates hot spots, which can burn a baby’s mouth.

When freezing leave an inch of space at the top of the container; breast milk expands as it freezes.

Milk can be stored in an insulated cooler bag with frozen ice packs for up to 24 hours when you are traveling.

If you don’t plan to use freshly expressed milk within 4 days, freeze it right away.

Use milk within 24 hours of thawing in the refrigerator (from the time it is completely thawed, not from the time when you took it out of the freezer).

Use thawed milk within 2 hours of bringing to room temperature or warming.

Never refreeze thawed milk.

Test the temperature before feeding it to your baby by putting a few drops on your wrist. It should feel warm, not hot.

Swirl the milk to mix the fat, which may have separated.

If your baby did not finish the bottle, leftover milk should be used within 2 hours.

Milk can be served cold, room temperature, or warm.

To heat milk, place the sealed container into a bowl of warm water or hold under warm running water.

Do not heat milk directly on the stove or in the microwave.

For extra germ removal, sanitize feeding items daily using one of these methods:

- clean in the dishwasher using hot water and heated drying cycle (or sanitize setting).
- boil in water for 5 minutes (after cleaning).
- steam in a microwave or plug-in steam system according to the manufacturer’s directions (after cleaning).

Wash disassembled pump and feeding parts in a clean basin with soap and water. Do not wash directly in the sink because the germs in the sink could contaminate items.

Rinse thoroughly under running water. Air-dry items on a clean dishtowel or paper towel.

Using clean hands, store dry items in a clean, protected area.

Label milk with the date it was expressed and the child’s name if delivering to childcare.

Store milk in the back of the freezer or refrigerator, not the door.

Freeze milk in small amounts of 2 to 4 ounces to avoid wasting any.

Milk can be stored in an insulated cooler bag with frozen ice packs for up to 24 hours when you are traveling.

If you don’t plan to use freshly expressed milk within 4 days, freeze it right away.

FOR MORE INFORMATION, VISIT: https://bit.ly/2dxVYLU