

breastmilk STORAGE GUIDELINES



Room Temperature (UP TO 77°F & ONLY FOR FRESHLY EXPRESSED/PUMPED MILK)

Up to 4 HOURS

Refrigerator (AT OR BELOW 40°F)

Up to 4 DAYS

Refrigerator Freezer (0°F)

Up to 6 MONTHS

Deep Freezer (AT OR BELOW -4°F)

Up to 12 MONTHS

Thawed Breastmilk* (REFRIGERATED)

24 HOURS

Thawed Breastmilk* (IF NOT PUT IN A FRIDGE)

1-2 HOURS

**To thaw frozen breastmilk place in refrigerator, hold under warm water or place in a container of warm water. DO NOT boil or microwave. NEVER refreeze.*

For assistance, call 1.800.738.2301

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