



## Storing breast milk

### Cleanliness is important:

- Wash your hands.
- Use a clean jar or cup with a lid.
- Or use a breast milk bag.
- After pumping, wash all parts of the pump with hot water and detergent.
- Or in the dishwasher.



### This is how long you can store expressed breast milk:

- **at room temperature : 3-4 hours**



16-29 °C

- **in the refrigerator: 3 days**



colder than 4 °C

- **in the freezer: 6 months**

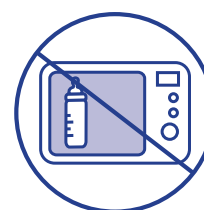


colder than  
minus 17 °C



## Here's how to thaw breast milk:

- Put the frozen milk in the refrigerator for a few hours.
- Warm the milk in a warm water bath. Shake up the milk. This distributes the fat.
- Do not warm breast milk in the microwave.



## You can store thawed breast milk for this long:

- Do not refreeze thawed breast milk.
- Use thawed breast milk within 24 hours. Store it in the refrigerator.
- Your baby didn't drink all the breast milk? Feed the leftovers within 2 hours. Then discard the rest.

