

BEFORE YOU PUMP

- ✓ Wash your hands with soap & water
- ✓ Inspect your pump kit & tubing to make sure they are clean

TEMPERATURE GUIDELINES FOR BREAST MILK STORAGE

	Room Temperature	Refrigerator	Freezer
Type of Breast Milk	77°F/25°C or colder	40°F/4°C or colder	0°F/-18°C or colder
Freshly Expressed or Pumped Milk	Up to 4 hours	Up to 4 days	Within 6 months is best Up to 12 months is acceptable
Thawed Milk	1-2 hours	Up to 24 hours	NEVER refreeze human milk after it has been thawed
Leftover from a feeding (baby did not finish bottle)	Use within 2 hours after the baby is finished feeding		



Guidelines courtesy of the Centers for Disease Control and Prevention (CDC) and are intended for healthy full-term babies and may vary for premature or sick babies. For more information, contact your health care provider.

