

# Freshly Expressed Breastmilk Storage Guidelines

## For Healthy Term Babies

| Room Temperature                       | Cooler With 3 Frozen Ice Packs  | Refrigerator                               | Freezer                                 | Thawed Breastmilk      |
|--|---------------------------------|--|---|------------------------|
| 4-6 hours at<br>66-78° F<br>(19-26° C) | 24 hours at<br>59° F<br>(15° C) | 3-8 days at<br>39° F<br>or lower<br>(4° C) | 6-12 months<br>0-4° F<br>(-18 - -20° C) | Use within 24<br>hours |

Source: medela.com