

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 66–78 °F (19–26 °C) | 24 hours at 59 °F (15 °C) | 3–8 days at 39 °F or lower (4 °C) | 6–12 months 0–4 °F (-18–-20 °C) | use within 24 hrs |

For more information, or to find a lactation consultant near you, call our Breastfeeding National Network (BNN) at **1-800-TELL YOU** or visit **www.medela.com**

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References: www.BreastmilkGuidelines.com

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