Expressing, Storing, and Feeding Human Milk

Expressing Milk
- Pump in a clean space.
- Wash hands well with soap and warm water.
- Use clean, sanitized pump parts. Use clean containers (bottles or milk storage bags).
- Milk from different pumping sessions may be combined. Refrigerate freshly pumped milk before mixing it with milk that has already been cooled.
- Milk from different days may be combined. Label with the earliest date.
- Milk may be kept in an insulated cooler with ice packs for up to 24 hours.
- Wash, sanitize and store pump and parts after each use.

Storing Milk
- Label milk with:
  - Date expressed
  - Number of ounces
  - Child’s name
- To freeze milk:
  - Only store milk in containers or bags intended for human milk.
  - Freeze in small quantities (1-4 ounces). This will reduce the chance of wasted milk.
  - Do not overfill bags. The milk will expand in the freezer.

Preparing a Bottle
- Wash hands well with soap and warm water.
- Use a clean bottle or cup.
- Use the oldest dated milk first.
- Offer milk cold, warm, or at room temperature.
- To thaw and/or warm milk, place the sealed bag or bottle in a bowl of warm water.
- Do not use a microwave because
  - It can create hot spots which can cause burns.
  - It may destroy some of the nutrients in the milk.
- Test the temperature on the inside of your wrist.
- The fat in the milk can separate and cling to the sides of the bottle. Gently swirl the bottle to mix the fat into the milk.

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### STORAGE LOCATION, TEMPERATURE & TIME TO USE

<table>
<thead>
<tr>
<th></th>
<th>Countertop 77° F or colder (room temperature)</th>
<th>Refrigerator 40° F</th>
<th>Freezer 0° F or colder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly expressed</td>
<td>Up to 4 hours</td>
<td>Up to 4 days</td>
<td>Within 6 months is best. Within 6 months is best. Up to 12 months is acceptable.</td>
</tr>
<tr>
<td>Thawed, previously frozen</td>
<td>1-2 Hours</td>
<td>Up to 1 day (24 hours)</td>
<td>Never refreeze human milk after it has been thawed.</td>
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<tr>
<td>Leftover from a feeding</td>
<td>Use within 2 hours after the baby has finished.</td>
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</tbody>
</table>

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Connect with a lactation consultant or your baby’s physician for more information.

Adapted from [Proper Storage and Preparation of Breast Milk, US CDC](https://www.cdc.gov/breastfeeding/storage/index.html)

Download additional tools and resources at [LetsGo.org/tools](https://www.letsgo.org/tools)