

# Breastmilk storage guidelines

For healthy term babies, different storage times may be needed for sick infants or donated milk.

Room Temperature	Cool bag with cooling elements	Fridge 4°C or lower	Freezer at -20°C
Up to 6 hours	24 hours	8 days	6 months



Express directly into Easy Freeze bags.  
Defrosting - slowly in the fridge or run under cold water.  
Warming the breastmilk - place in lukewarm water.  
Do not refreeze or warm in microwave.