

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 -18°C or lower
Up to 6 hours	24 hours	8 days	6 months



Use Easy Store bags for safe storage.

Defrosting - slowly in the fridge or run under cold water.

Warming the breastmilk - place in lukewarm water.

www.ardomedical.co.uk Do not refreeze or warm in microwave.



Expressed breastmilk storage guidelines for neonates

Fresh EBM	Fresh EBM	EBM over 48 hours	Defrosted EBM
Room Temperature 16 - 29°C	Fridge 4°C or lower	Freezer -18°C or lower	Fridge 4°C or lower
4 hours	48 hours	3 months	24 hours



All Expressed Breastmilk (EBM) used should be thawed either in the fridge or waterless warming device.
Do not refreeze or warm in microwave.

www.ardomedical.co.uk

 **ardo**
SWITZERLAND