

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.

