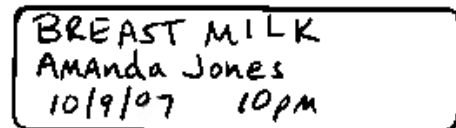


Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# How to Store Breast Milk

## Pumping

- Always wash your hands before handling your breast milk.
- Pump your breast milk into a plastic bottle. Put a cap on that bottle to store the breast milk. Each pumping session, use new bottles.
- If your baby is in the hospital, we will give you bottles and caps.
- Put a label on every bottle of breast milk. Write on the label:
  - breast milk
  - your baby's name
  - the date
  - the time you pumped the milk



**Put a label on every bottle  
of breast milk.**

## Storing

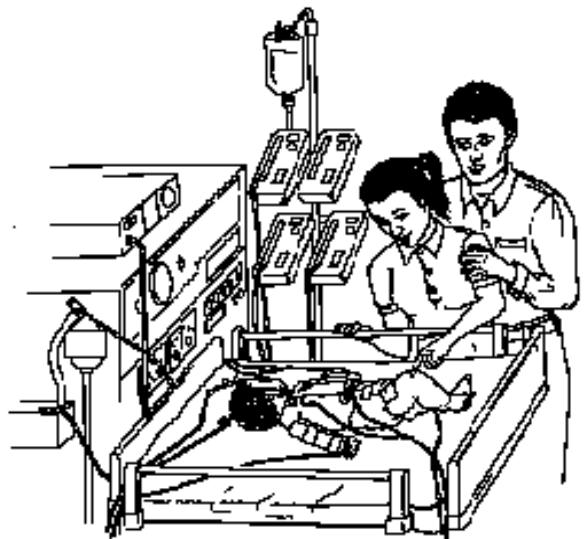
- As soon as you pump milk, put in it the refrigerator or freezer.
- Fresh breast milk stays good in the refrigerator for 48 hours.
- If your baby will not be using the breast milk within the next 24 hours, put it in the freezer.
- Thawed breast milk stays good in the refrigerator for 24 hours.

# Freezing

- Frozen breast milk stays good
  - in a refrigerator freezer for 3 months and
  - in a chest freezer for 6 months.
- Thaw frozen breast milk in the refrigerator. It is not safe to thaw it at room temperature.
- Once breast milk thaws, it is not safe to freeze again. If the breast milk is still very icy, you may put it back in the freezer.
- Use the oldest breast milk first. Put new milk behind the milk that is already in the freezer.
- When you bring breast milk from home to the nursery, keep it frozen. Put the bottle of milk in a cooler with a freezer pack. If you have a long trip to the hospital, use dry ice to keep your milk frozen.

## In the hospital

- Ask your nurse about how to provide breast milk for your baby. You may:
  - Pump milk while you are in the hospital, and leave it there for your baby.
  - Bring breast milk that you pumped and stored at home.



**Ask your nurse about how to provide breast milk for your baby.**

## Now that you've read this:

- Tell your baby's nurse or doctor what you need to do to store breast milk safely.  
(Check when done)
- Tell your baby's nurse or doctor how you will thaw frozen breast milk.  
(Check when done)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
866-933-6459  
[www.phoenixchildrens.com](http://www.phoenixchildrens.com)

**Disclaimer**

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, March 13, 2009 • DRAFT in family review  
#339 • Written by A. Kim Sweet RN, IBCLC • Illustrated by Dennis Swain



## The Emily Center

### How to Store Breast Milk

#### Procedure/Treatment/Home Care

Si usted desea esta información en español,  
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: \_\_\_\_\_ Number: 339  
For office use: Date returned: \_\_\_\_\_  db  nb

## Family Review of Handout

**Health care providers:** Please teach families with this handout.

**Families:** Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes  No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN  
Health Education Specialist  
The Emily Center  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016

602-546-1395

[flondon@phoenixchildrens.com](mailto:flondon@phoenixchildrens.com)

**Thank you for helping us!**