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BREASTMILK STORAGE

GUIDELINES FOR HEALTHY TERM BABIES
(ASK YOUR BABIE'S DOCTOR BEFORE APPLYING THESE GUIDELINES TO PRETERM OR MEDICALLY COMPLEX INFANTS)

Freshly pumped milk:

ROOM TEMP (60-85°F)

UP TO 4 HRS IDEAL (4-8 HRS)

COOLER/ICE PACK (59°F)

UP TO 24 HOURS

REFRIGERATOR (40°F)

UP TO 4 DAYS IDEAL (4-8 DAYS)

FREEZER (<32°F)

UP TO 6 MONTHS

DEEP FREEZER (0°F)

UP TO 12 MONTHS

- To thaw frozen milk: place bag of milk under warm running water until thawed; or to thaw slowly, place in fridge for about 12 hours.
- Once thawed, it is good in the fridge for up to 24 hours. NEVER refreeze.
- To warm cold milk: warm up water in a mug in the microwave, then place bag/bottle of milk inside the mug of warm water until the desired temperature of about 98.6°F is reached; OR use a bottle warmer.
- NEVER heat milk directly in the microwave.
- Fat content will rise, swirl/stir to blend; do not shake.
- If baby does not finish a bottle, it is reasonable to offer again within 1-2 hours before discarding.
- Store frozen milk in 1-4 ounce portions to avoid waste. Always write the date and number of ounces on each bag with a permanent marker.
- To optimize freezer space lay bags flay; store towards the back.
- After pumping, if planning to freeze, it is best to do it right away.

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PRO
TIPS