

Breastmilk Storage Guidelines (For Healthy Term Babies)

	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-contained Refrigerator Freezer unit	Deep Freezer
Freshly expressed breastmilk	4 hours at 66-72°F (19-22°C)	24 hours at 59°F (15°C)	5-7 days at 32-39°F (0°-4°C)	3-4 months	6-12 months at 0°F (-19°C)
Thawed breastmilk (previously frozen)	Do not store	Do not store	24 hours	Never refreeze thawed milk	Never refreeze thawed milk

For additional breastfeeding information, or to find a professional lactation consultant or Medela product dealer near you, call Medela's 24 hour toll-free Breastfeeding National Network (BNN) at **1-800-TELL YOU** or visit www.medela.com



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