

Collecting & Storing Pumped Milk

- Wash your hands with soap and water and find a comfortable place to sit.
- To help your milk let down, gently massage your breasts in circles, or stroke towards the nipple.
- Collect and store milk in a clean, glass or hard plastic food grade (BPA free) storage container or bag.
- Pump until you remove the milk you need, but no longer than 20 minutes. If pumping hurts, turn the pressure down, or try a different size breast shield.
- Seal container well. If freezing your milk, leave space at the top of the container for the frozen milk to expand. Place the container in the back of the freezer, farthest from the door, to prevent thawing.

Most moms store from 2-5 ounces (60-150 cc) in a container. This is how much most babies older than one month of age eat in one feeding. You may combine milk from both breasts into one storage container. **If you add newly pumped milk to cold or frozen milk, cool the new milk first.**

How long can you store pumped milk? Breast milk does not “spoil” easily. Below are guidelines from the Academy of Breastfeeding Medicine (www.bfmed.org). Frozen breastmilk does not become “dangerous” if it is stored longer than these guidelines, however, its nutritional and protective factors decrease with time. Do not use milk stored longer than 12 months as the ONLY source of nutrition for your baby.

Room Temp (60-85 degrees)

Up to 4 hours is best

Up to 8 hours is acceptable*

**If collected in very clean conditions*

Refrigerator (39 degrees)

Up to 4 days is best

Up to 8 days is acceptable*

***Do NOT store in door of freezer*

Freezer (0 degrees**)

Up to 6 months is best

12 months is acceptable

Feed your baby fresh (never frozen) milk if it is available. **When defrosting frozen milk**, place the container of milk in the refrigerator overnight, to minimize fat loss. If faster thawing is needed, place frozen milk in a pan of cool water or under cool running water. Do not **ever** microwave breast milk or place the container of milk in a pan of HOT water (>175 degrees F) as protective proteins may be in-activated. Defrosted milk should not be re-frozen, but it may be stored for up to 24 hours in the refrigerator. It is normal for defrosted milk to separate. Swirl gently to blend. Breast milk should not smell or taste soapy, rancid or sour. If you feel that your expressed breast milk has an unusual odor, please see our information on [Unusual Odors in Pumped Breast Milk](#).

There is no research on storing milk if your baby does not finish a bottle of fresh, refrigerated or defrosted pumped milk. Most people are comfortable storing the unfinished milk in the refrigerator and having baby finish the bottle within two hours. To avoid tossing milk, avoid offering large amounts of milk that you know your baby will not finish.

For current Nebraska DHHS Breastmilk Storage Guidelines for in-home and day care centers, please visit: http://milkworks.org/file_download/inline/010d91a5-d9a0-47c8-b217-fc5cf4ca7d0d

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