

Expressing, Storing, and Feeding Human Milk

Expressing Milk

- Pump in a clean space.
- Wash hands well with soap and warm water.
- Use clean, sanitized pump parts. Use clean containers (bottles or milk storage bags).
- Milk from different pumping sessions may be combined. Refrigerate freshly pumped milk before mixing it with milk that has already been cooled.
- Milk from different days may be combined. Label with the earliest date.
- Milk may be kept in an insulated cooler with ice packs for up to 24 hours.
- [Wash, sanitize and store pump and parts](#) after each use.



Storing Milk

- Label milk with:
 - Date expressed
 - Number of ounces
 - Child’s name
- To freeze milk:
 - Only store milk in containers or bags intended for human milk.
 - Freeze in small quantities (1-4 ounces). This will reduce the chance of wasted milk.
 - Do not overfill bags. The milk will expand in the freezer.

Preparing a Bottle

- Wash hands well with soap and warm water.
- Use a clean bottle or cup.
- Use the oldest dated milk first.
- Offer milk cold, warm, or at room temperature.
- To thaw and/or warm milk, place the sealed bag or bottle in a bowl of warm water.
- Do not use a microwave because
 - It can create hot spots which can cause burns.
 - It may destroy some of the nutrients in the milk.
- Test the temperature on the inside of your wrist.
- The fat in the milk can separate and cling to the sides of the bottle. Gently swirl the bottle to mix the fat into the milk.

STORAGE LOCATION, TEMPERATURE & TIME TO USE

	Countertop 77° F or colder (room temperature)	Refrigerator 40° F	Freezer 0° F or colder
Freshly expressed	Up to 4 hours	Up to 4 days	Within 6 months is best. Up to 12 months is acceptable.
Thawed, previously frozen	1-2 Hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed.
Leftover from a feeding	Use within 2 hours after the baby has finished.		

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Connect with a lactation consultant or your baby’s physician for more information.

Adapted from [Proper Storage and Preparation of Breast Milk, US CDC](#)

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