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|  |  | Breastmilk Storage & Expiration |
| Contact **PHONE:**  **763-333-7733**  *24-hour access to care*  **FAX:**  **763-333-7711**  **WEBSITE:**  **childandteenmedicalcenter.com**  **EMAIL:**  **info@childandteenmedicalcenter.com** LOCATIONS: **Blaine:**  11107 Ulysses Street NE, Suite 100  Blaine, MN 55434  **Fridley:**  7225 University Ave NE  Fridley, MN 55432 PROVIDERS: Kaylee Adams, CNP  Jennifer Benton, CNP  Catherine Chang, MD  John Hollerud, MD  Jennifer Rousseau, MD  Stephen Sitrin, MD  Benjamin Williams, CNP  Molly Wirtz, CNP |  | Room Temperature [60-85°F]  * 3-4 hours  Refrigerator [less than 39°F]  * 72 hours (3 Days) * Thawed breastmilk that was previously frozen: 24 hours  Standard Freezer [0°F]  * 3-6 months  Deep Freezer [ -20°F]  * 6-12 months  What you should know  * Once breastmilk is warmed and offered to baby, it is good for 2 hours and should **NOT** be refrigerated or reused * Stored breastmilk will separate into layers—gently swirl to combine layers prior to feeding baby * Do **NOT** microwave or boil breastmilk as it breaks down the nutritional content * Breastmilk can be warmed by placing the bottle or bag of milk into a cup of warm water * You can thaw frozen breastmilk in the fridge or under warm running water. Do **NOT** leave at room temperature to thaw. * Do **NOT** express room temperature breastmilk to previously cooled or frozen breastmilk * Can store in BPA bottles or breastmilk storage bags   -Do **NOT** fill bag or bottle more than ¾ full as milk expands as it freezes.   * If on the go, keep pumped milk in bag with ice packs until able to be refrigerated |