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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 100Blaine, MN 55434**Fridley:**7225 University Ave NEFridley, MN 55432PROVIDERS:Kaylee Adams, CNPJennifer Benton, CNPCatherine Chang, MD John Hollerud, MDJennifer Rousseau, MDStephen Sitrin, MDBenjamin 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
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