

# Breastfeeding



## PROPER STORAGE AND HANDLING OF BREAST MILK

Storage Time and Tips · Thawing · Heating

### Before Pumping

Wash hands well with soap and water. Clean all milk collection parts that come in contact with your breast or milk in a dishwasher or with hot, soapy water, then rinse with cold water and allow to air dry on a clean towel.



### PUMPING TIPS

- Pumping should not hurt! Your nipple should fit comfortably in the breast pump flange/shield. Speak to a lactation consultant if you need a different size.
- Pumping takes practice. Don't be discouraged if you do not get a lot of milk at first. The amount of milk you pump is different than the amount of milk your body makes when nursing your baby.
- Start pumping and freezing milk at least 2 weeks before going back to work or school. You can pump once or twice per day. Pump between feedings or after feedings. Some women like to begin pumping much sooner (3-4 weeks before going back to work) to practice using their pump and to ensure adequate supply. Seek guidance if unsure what is best for you.
- When separated from your baby, try to pump every 3 hours or as much as possible.

**Personal pumps (single user) that you buy at the store should never be resold or shared among mothers.**

- Internal parts cannot be cleaned well enough between mothers to ensure safety.
- They have a limited lifetime and are not guaranteed to generate as much speed or suction after continued long-term use.

Most insurance companies provide breast pumps; check to see what is available to you. Breast pumps are also available through WIC for those who qualify and need a pump. Contact your local WIC office.

Guidance adapted from the Centers for Disease Control and Prevention (CDC), Proper Handling and Storage of Breast Milk, [www.cdc.gov/breast-feeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breast-feeding/recommendations/handling_breastmilk.htm).



WIC and Nutrition Services

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This institution is an equal opportunity provider.

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	Storage Time
Countertop/Table	Up to 4 Hours
Insulated Cooler Bag with Ice Pack	24 Hours
Refrigerator	4 Days
Freezer Compartment of a Mini/Compact Refrigerator	2 Weeks
Freezer Compartment of a Refrigerator with Separate Doors	3-6 Months
Chest or Upright Deep Freezer	6-12 Months

### STORAGE TIPS

- Freeze milk in small portions (2-4 oz). You will waste less milk this way.
- Be sure to leave some extra room at the top of the container so the bottle or bag will not overflow when freezing.
- Cool breast milk as soon as possible. If you do not plan on using the milk within a few days, freeze it.
- Label the milk with the date it was pumped and use oldest milk first.
- Do not add fresh milk to already frozen milk within a storage container.
- When using storage bags to store breast milk, lay them flat. This saves space and allows the milk to defrost quicker.
- Do not save milk from a bottle for use at another feeding.

### Thawing and Heating Breast Milk

- Thaw frozen breast milk in the refrigerator, under running warm water or in a bowl of warm water.
- Use thawed milk within 24 hours.
- Never refreeze previously frozen milk.

### Never Microwave Breast Milk!

Hot spots can occur in the milk and burn your baby's mouth. Microwaving can also change your breast milk.

You can help your baby learn to take a bottle once breastfeeding is going well. It is best to wait 3-4 weeks if possible.

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