

# Guide to storing and thawing breast milk

## Storing expressed milk

- Store breast milk in the amount of what your baby usually drinks for each feed.
- Use sterilised containers made of glass or BPA-free plastic.
- Label each container with the date, time and amount.
- Never add freshly-expressed milk to previously stored milk.
- Always keep milk in the coldest part of the refrigerator or freezer – not in the door area.

Guide to storing fresh breast milk	
Temperature	Duration of storage
Room temperature (25-37°C)	4 hours
Refrigerator (2-4°C)	Up to 8 days
Freezer compartment inside refrigerator	2 weeks
Freezer part of a refrigerator-freezer	3 months
Separate deep freeze	6 months

## Thawing expressed milk

- Always thaw the oldest-stored milk first.
- Thaw frozen milk under warm water. You can also use a warmer. Never microwave breast milk.
- It's normal for the fat in stored milk to separate into small globules. When this happens, gently shake the milk to recombine the fat with the rest of the liquid.
- Once milk is warmed, use it immediately, and only for that feeding.
- Test the milk's temperature by tipping a few drops on the inside of your wrist. It should feel lukewarm.
- Milk left in the bottle/cup after feeding should be discarded.
- Milk that has been thawed should not be refrozen.

Guide to storing fresh breast milk		
	Room Temperature (up to 30°C)	Refrigerator (4°C or colder)
Thawed breast milk	Up to 2 hours	24 hours
Refrigerator (2-4°C)	Up to 2 hours	Up to 8 days

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