



# THE RULES FOR STORING BREAST MILK

## FRESH



4 hours  
on countertop



4 days  
in fridge



6-12 months  
in freezer

LABEL milk with the date it was expressed  
STORE milk in the back of the fridge, not the door

## THAWED



1-2 hours  
on countertop



1 day  
in fridge



NEVER refreeze  
once thawed

THAW under lukewarm running water or container of lukewarm water  
NEVER thaw or heat milk in the microwave or stove.  
This can burn a baby's mouth!

## LEFTOVER



Use within 2 hours  
after the baby is finished feeding

## HOW TO CLEAN

### After each time you use the breast pump

- Rinse each part of the breast pump that comes in contact with breast milk after each use
- Wash as soon as you can (do not let them sit dirty overnight)
- Let parts soak in water for 5 minutes before washing
- Use warm water and soap to wash
- Let parts air dry
- Check pump owner's manual to see if you can wash in dishwasher

### Once a day

- Sanitize parts by putting them in boiling water or using microwaveable steam bags