

Storage Guidelines

Method	OMM- Term Infant (fresh expressed)	OMM- Preterm Infant (fresh expressed)	PDHM
Room temperature 26°C/ 79°F	≤ 4 hrs α ≤ 24 hrs at 15°C (a cooler with frozen gel packs)	≤ 4 hours α	Only for completion of feeding, then discard
Refrigerator	≤48 hours (hospital use) Less than 8 days (home use)	≤48 hours	≤ 48 hours
Completely thawed in refrigerator but not warmed	≤ 24 hours (hospital use) ≤ 48 hours (home use)	≤24 hours	≤ 48 hours **
Freezer compartment (1-door refrigerator)	2 weeks	Not recommended	Not recommended
Freezer compartment* (2 door refrigerator 12°C, 5- 15°F)	3-4 months	≤ 3 months	≤ 3 months
Deep Freeze (-20°C, -4°F)	≤ 12 months	Less than 3 months is optimal	6 months Do not refreeze

OMM- Own Mother's milk

α with preterm or sick infants, it is safest to refrigerate milk immediately

PDHM- Pasteurized Donor Human Milk

In general: use the first two (2) weeks of milk in chronological order, then proceed to fresh breastmilk whenever available.