



7th Health District of Crete  
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## Instructions for storing and transportation of human breast milk

- Wash your hands carefully before pumping or touching breast milk.
- Pumping breast milk can be done by hand or electric pump.
- If you use pump make sure it is clean and sterilized.
- Storing and transferring breast milk to NICU only in special breast milk bags, with ice pack.
- Always, on the breast milk bags write the neonates name, the date and the time of pumping.
- To avoid transmission of infection to NICU, breast milk that is not transferred or stored according to the directions of the NICU will be rejected.

<b>Human milk storage guidelines</b>			
<b>Storage locations and temperatures</b>			
<b>Type of breast milk</b>	<b>Countertop 77°F (25°C) or colder (room temperature)</b>	<b>Refrigerator 40°F (4°C)</b>	<b>Freezer 0°F (-18°C) or colder</b>
<b>Freshly expressed or pumped</b>	Up to <b>4 Hours</b>	Up to <b>4 Days</b>	Within <b>6 months</b> is best Up to <b>12 months</b> is acceptable
<b>Thawed, previously frozen</b>	<b>1-2 Hours</b>	Up to <b>1 Day</b> (24 hours)	<b>Never</b> refreeze human milk after it has been thawed
<b>Leftover from a feeding</b> (baby did not finish the bottle)	Use within <b>2 hours</b> after the baby is finished feeding		
These guidelines are for healthy full-term babies and may vary for premature or sick babies. <a href="http://www.cdc.gov/breastfeeding/">www.cdc.gov/breastfeeding/</a>			