

STORING & HANDLING MOTHERS' MILK*

*Storage times may vary for premature or sick babies. Please check with your healthcare provider.

	Refrigerator (39°F/4°C)	Refrigerator Freezer (variable 0°F/-18°C)	Deep Freeze (0°F/-18°C)
Freshly Pumped	8 Days	3-4 Months	12 Months
Previously Frozen, Thawed in Fridge	24 Hours	Do Not Refreeze	Do Not Refreeze
Previously Frozen, Warmed but not Fed	4 Hours	Do Not Refreeze	Do Not Refreeze
Warmed and Partially Fed	Discard	Discard	Discard



Visit ameda.com for more information and reference sources.

26000066-1109



MOM INSPIRED. HOSPITAL TRUSTED.

STORING & HANDLING MOTHERS' MILK*

*Storage times may vary for premature or sick babies. Please check with your healthcare provider.

	Cooler with Frozen Ice Packs (59°F/15°C)	At Room Temperature (66°F–72°F) (19°C–22°C)	
		(72°F–79°F) (22°C–26°C)	
Freshly Pumped	24 Hours	6–10 Hours	4 Hours
Previously Frozen, Thawed in Fridge	Do Not Store	4 Hours	4 Hours
Previously Frozen, Warmed but not Fed	Do Not Store	Until Feeding Ends	Until Feeding Ends
Warmed and Partially Fed	Discard	Until Feeding Ends	Until Feeding Ends



Amēda

MOM INSPIRED. HOSPITAL TRUSTED.

Visit ameda.com for more information and reference sources.