

# breastmilk guidelines

freshly expressed/  
pumped

room temp  
**up to 4 hours**

fridge  
**4 days max**  
[then use or freeze]

freezer  
**6 months**

thawed/  
previously frozen

room temp  
**1-2 hours**

fridge  
**24 hours**

freezer  
**do not refreeze thawed  
breastmilk**

MY FRIEND IS A  
**midwife**



[www.myfriendisamidwife.com](http://www.myfriendisamidwife.com)