

Important Factors To Know For Storing Expressed Breast Milk



Storage temperature, temperature changes, and hygiene are crucial factors that impact the quality of stored expressed milk.



Sterilize the pumping equipment before and after every pumping session.

It is ideal to use storage containers specially designed for storing expressed milk.



Expressing small amounts of breast milk at a time could prevent wastage and help maintain the milk supply.

You may store expressed milk in a shared refrigerator at work, provided your equipment and the refrigerator are clean.



In case of a power interruption, keep your refrigerator door closed as much as possible.

When traveling, freeze milk and pack the frozen milk with ice packs.



References

1. Frequently Asked Questions; CDC
2. Storing Human Milk; LLLI