

# Breastmilk Storage Guide

Room temperature (66° - 72°F)	up to 4 hours
Refrigerator (32° - 39°F)	4 days
Back of standard freezer	3-6 months
Upright or deep freezer	up to 12 months
Thawed milk in refrigerator	up to 24 hours
Insulated cooler bags/ice packs	up to 24 hours

## **DO NOT RE-FREEZE THAWED MILK!**

This may introduce harmful  
bacteria into your milk.

### **Important Phone Numbers**

Pediatrician: \_\_\_\_\_

Primary Care Doctor: \_\_\_\_\_

Lactation Consultant: \_\_\_\_\_

### **Have Extra Milk?**

Call our lactation offices to learn how to donate!

Mercy Hospital of Buffalo 565 Abbott Road Buffalo, NY 14220 (716) 828-2616	: Mount St. Mary's Hospital 5300 Military Road Lewiston, NY 14092 (716) 298-2478	: Sisters of Charity Hospital 2157 Main Street Buffalo, NY 14214 (716) 862-1939
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