

Storage of breastmilk

NZ Ministry of Health 2012 guidelines for storage of breastmilk^a

Please note - these guidelines are for expressed breast milk that is fed to healthy, full-term infants who live at home.

Storage conditions	Storage time	Comments
Room temperature (< 26°C)	4 hours	Cover containers and keep them as cool as possible (e.g. surround the closed container with a cool towel to help to keep the milk cooler)
Refrigerated	48 hours ^a 72 hours ^b	Store milk in the back of the main body of the fridge
Frozen Freezer box in refrigerator	2 weeks	Store milk toward the back of the freezer, where the temperature is most constant
Separate door fridge/freezer	3 - 6 months	
Separate deep-freeze	6 -12 months	

- a. NZ Ministry of Health Guidelines 2012 - <http://www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding-0/problems-breastfeeding/separation-baby/expressing-breast-milk-and-storing-expressed-milk>
 b. National Health and Medical Research Council (2012) Infant Feeding Guidelines. Canberra: National Health and Medical Research Council

Guidelines for hang times of enteral feeds

Formula	Maximum Hang Time ¹
Infant feed made from powder and decanted in Fluids Room or ward	4 hours
Infant pre-packaged sterile liquid 'ready-to-feed' in 60ml - 100ml bottles, (e.g. Karicare RTF, Nutriprem or Infatrini)	4 hours
Child or adult liquid feed which has been opened or poured into another bottle	12 hours
Ready to hang liquid feed (unopened)	24-36 hours as per manufacturers instructions
Modular feed infants or children Modular feed adolescents or adults	4 hours 12 hours
<i>N.B. Discard any unused feed 24 hours after preparation</i>	

1. Based on Dietitians NZ Clinical Handbook, 10th edition, 2013

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