



## Methods of storing breast milk

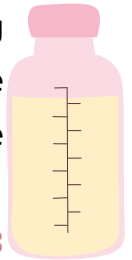
### Dear Mother:

- If you are requested to provide breast milk by your healthcare providers, be sure to put the milk in designated bags and write the date of expression and your or your child's name.
- Store small amounts in each bag according to your baby's needs to avoid wasting milk.
- If milk is delivered to health care providers, you can store breast milk in a container to ensure the viability of the milk is maintained.



### you can store fresh breast milk in the following ways:

- Room temperature: It should be less than (26 °C). The shelf life of milk is **4 hours**.
- Cooling unit (refrigerator): It lasts for **3 days**, making sure to store it inside the refrigerator and not in the door in order to protect the milk from temperature changes resulting from opening and closing the door.
- Freezing unit (freezer): You can freeze milk from **3 months to 6 months** depending on the type of freezing unit.





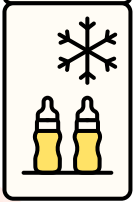
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## Types of storage refrigerators



← 3 months



← 3 days



6 months

## Types of breast pumps



← Electric breast pumps



← Manual breast pumps

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