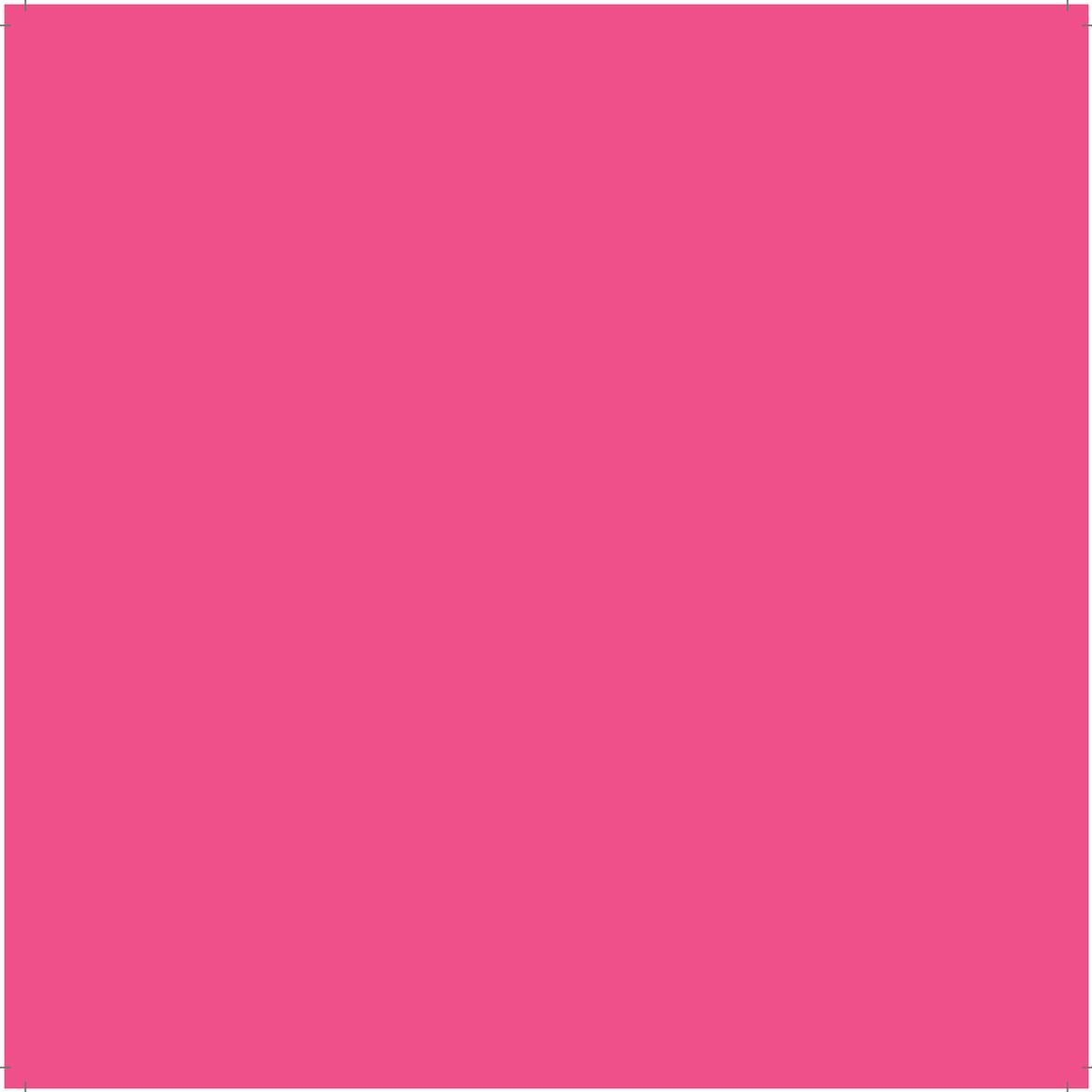




مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Safe Storing and Handling of Breast Milk







Breastfeeding exclusively

(giving your baby no other food or drink) **is recommended for the first six months of life. After that time, breastfeeding is recommended alongside solid food when you are away from your baby or return to work.**



Mothers can continue to provide breast milk to their baby until they are 2 years of age.

Important Messages for Breast Milk Storage



■ Put your expressed milk in a disposable bottle or special plastic bags of breastfeeding with safe coverings to keep the milk fresh and pure.

■ **Expressed breast milk can be kept:**

Place	Temperature	Maximum time for storage	Notes
Room	25°C or 77 °F	6-8 hours	Containers should be covered and kept as cool as possible
Fridge or cooler bag	At 4°C or 39 °F	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag
A fridge	Less than 4°C or 39°F	5-8 days	Store milk in the back of the main body of the refrigerator where it is coldest.
Freezer section of refrigerator	-15°C or 5°F	2 weeks	Freezer and fridge with same door
Freezer section of refrigerator	-18°C or 0°F	3 months	Freezer and fridge with separate door
Freezer	-18°C or 0°F	3-6 months	
Deep freezer	-20°C or -4°F	6-12 months	

- Clearly label the milk with the date it was expressed to facilitate using the oldest milk first



- Previously frozen breast milk defrosted in fridge should be used within 12 hours and defrosted outside fridge use immediately.



**So don't store any
milk you don't need**

Defrosting Frozen Breast Milk



- Put the milk cups or bags in a container filled with warm water or warm it under warm running water passing through it. You can also, liquify the frozen milk in fridge overnight.
- You can feed expressed milk straight from the fridge if your baby is happy to drink it cold.

Don't use microwaves or ovens to heat up or defrost breast milk because these methods will spoil the nutrients in milk.



- Health experts advise to dispose remaining milk after drinking and do not restore it again.
- When stored the cream and milk may separate out. this is normal. Shake gently to mix before use.





www.facebook.com/PrimaryHealthCareCorporation



[@PHCCqatar](https://twitter.com/PHCCqatar)



[phccqatar](https://www.instagram.com/phccqatar)



[phccqatar](https://www.youtube.com/phccqatar)

www.phcc.qa