



Storage of Breast Milk in the Nursery

Initially you will have colostrum prior to the milk coming, which will occur approximately on the third to fourth day or sometimes even later. Colostrum provides the baby with an abundance of beneficial protective properties. The volume of colostrum varies greatly from woman to woman and the midwives and nurses will show how to hand express this valuable substance.

You will initially store your colostrum in syringes. Once your milk increases and you start using a breast pump and bottle you will place it in bags that are provided by Newborn Care. This will then be labelled with an identification sticker containing the date and time it was expressed.

Once you have collected the milk store it in the fridge at home or if you are still in hospital give it to your midwife as soon as possible. Bring it to the Newborn Care when you are able to next come to the nursery.

Only milk that will not be used within 48hours needs to be frozen.

Storage Times for Expressed Breast Milk

Fresh EBM.....48 hours

Thawed EBM..... 24 hours

Frozen EBM.....3-6 months in a fridge/freezer and up to 12 months in a deep freezer or chest freezer