



## milk storage bags

INSTRUCTIONS FOR USE

Pre-sterilised milk storage bags designed to store expressed milk in fridge or freezer. Please read and retain this important information for future reference.

### USING THE BREAST MILK STORAGE BAGS

1. Express milk into your breast pump.
2. Wash your hands with soap and rinse before handling bag.
3. To open, tear off and dispose of tab, gently pull seals apart.
4. Open bag and pour the freshly expressed breast milk into the bag. If you are planning to freeze the milk, do not exceed 12fl oz to allow space at the top of the bag for expansion.
5. Squeeze out as much air as possible before double sealing the bag at the top.
6. Make a note of your name (if storing at work), date and volume expressed.
7. Place bag in fridge or freezer until required.
8. Thaw frozen milk by placing the bag in the refrigerator or by standing it in a bowl of lukewarm water until it has reached body temperature.
9. You will notice that stored breast milk separates into layers. Shake to remix thoroughly before feeding.
10. Dispose of bag after use, as it is non-reusable.

### STORAGE OF EXPRESSED BREAST MILK

Method of Storing Milk	Use Within
Refrigerated before freezing	<b>24 hours</b>
Defrosted before feeding	<b>12 hours</b>
Refrigerated at 0-4°C / 32-39°F	<b>8 days</b>
Room Temperature <25°C / <77°F	<b>6 hours</b>
Once Frozen	<b>6 months</b>
Refrigerated at 5-10°C / 41-50°F	<b>3 days</b>
Refreezing	<b>NEVER</b>

### REMEMBER

- Never defrost or heat milk in a microwave
- Never refreeze breast milk
- Once defrosted, the milk should be kept in the refrigerator and used within 12 hours
- Do not boil breast milk
- Throw away any leftover milk after a feed