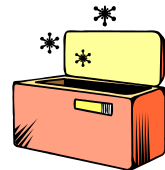


# Breast Milk FAQ's

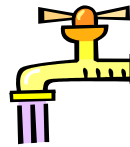
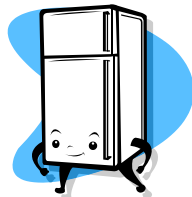
## 1. How long can breast milk be kept frozen?

3-6 months in a refrigerator freezer,  
6-12 months in a deep freezer



## 2. What is the process for thawing milk?

The best practice is to allow milk to thaw in the refrigerator. Quick thaw (placing volufeed under running warm water or in container of warm water) can be used when needed. Milk should not be thawed on the counter.



## 3. How long can milk be used after thawing?

At Children's Mercy, we date and time the milk for 48 hours after placement in refrigerator. This allows 24 hours for milk to thaw and 24 hours to use milk after ice crystals are gone.



## 4. I have to fortify my baby's breast milk. How long can it be used?

Any milk, fresh or frozen, that has fortifier added to it should be used within 24 hours. The addition of fortifiers increases osmolality of milk and risk of contamination.