

Guidelines on Storage of Expressed Breastmilk

Revised Guidelines - December 1999

Taking into account Singapore's tropical climate, the following are BMSG(S)'s guidelines on the Storage of Expressed Breastmilk.

These guidelines are very much more conservative than those recommended by several international studies. Working mothers who need to express and store breastmilk should evaluate their own storage facilities based on all available information.

- MILK AT ROOM TEMPERATURE (17-32 Deg C) - to be Refridgerated as soon as possible

- REFRIGERATED MILK - Up to 48 hours

(study by Pardou 1994, found that mature milk can be kept for 8 days at 0 to 4 deg C. A check with Local Fridge Companies in Singapore revealed that the Temprature of the Refridgerator Section of a 2-Door Fridge varies between 3 to 6 degrees C.).

- FROZEN MILK in Separate Door Compartment - Up to 2 Months

(The Breastfeeding Answer Book by LLLI, says that breastmilk in a self-contained freezer unit of a refrigerator can be kept for 3 to 4 months. And in a separate deep freezer at -19 degrees C for 6 months or longer.)