

Additional file 5

Table S5: Storage of expressed breast milk

	MHW	RWH	RCH	Monash	NHS	HMBANA	WHO/UNICEF	SL
Fresh	NM	Use within 4 hours or place in refrigerator within 1 hour	6-8 hours	NM	Not mentioned on the web page – advised to get information from hospital	Less than 4 hours	4 hours (up to 25°C)	6 hours at room temperature
Fresh awaiting freezing	Can keep in refrigerator for a maximum 48 hours before freezing	Can keep in refrigerator for a maximum 24 hours before freezing	NM	NM		Chill fresh milk before adding to frozen containers	NM	
Refrigerator (up to 4°C)	Use within 48 hours	Use within 48 hours	Bring milk kept in refrigerator <24 hours for freezing in hospital	Use within 72 hours		2-4 days	48 hours	24 hours
	At back of refrigerator	Minimize door use; no overcrowding; not in door; not in front of motors	NM					
Freezer in fridge	2 weeks	2 weeks	NM	NM		NM	2 weeks	
Freezer with separate door	3 months	3 months	NM	NM		NM	3 months	Common statement – 3 months
Separate freezer (<-18)	3 months	6 months	NM	NM		12 months	3 months	
Other	Excess fresh milk < 24 hours into freezer	Freeze within 24 hours of expression	Freeze, if delay in bringing to hospital is > 24 hours					

MHW	Mercy Hospital for Women, Melbourne, Australia
RWH	Royal Women’s Hospital, Melbourne, Australia
RCH	Royal Children’s Hospital, Melbourne, Australia
Monash	Monash Health, Melbourne, Australia
NHS	National Health Service, United Kingdom
HMBANA	Human Milk Banking Association of North America
WHO	World Health Organization
UNICEF	United Nations Children’s Emergency Fund
SL	Sri Lanka
NM	Not mentioned

Review of guidelines on expression, storage and transport of breast milk for infants in hospital, to guide formulation of such recommendations in Sri Lanka

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6092763/#MOESM5>