



Breast Milk Storage Bags

Directions

Bags are pre-sterilized and ready to use. Open bag by tearing away perforated tab and carefully pulling apart zip closures. Pour collected breast milk into bag. Reseal the bag ensuring as little air as possible remains. Bags are fit for storage in refrigerator or freezer.

To thaw breast milk, place sealed bag in refrigerator or run under cool tap water. To warm breast milk, place sealed bag in warm tap water. Always check milk temperature before feeding baby.

Do not microwave breast milk or storage bags containing breast milk. Do not thaw breast milk in very hot or boiling water. Once thawed, do not refreeze or refrigerate breast milk again.

Be sure to safely dispose of used bags and perforated tabs.

Caution: Be sure to discard tabs to avoid choking hazard.