

Tahukah Awda?

Panduan Tempoh Penyimpanan Perahan Air Susu Ibu

AIR SUSU PERAHAN YANG BARU DIPERAH

TEMPAT PENYIMPANAN/ SUHU

TEMPOH PENYIMPANAN

SUHU BILIK

15°C - 25°C: berhawa dingin

25°C - 37°C: tanpa hawa dingin

Sehingga **4** Jam

PETI SEJUK

2°C - 4°C

Sehingga **4** Hari

FREEZER

1 - pintu

2 - pintu

Peti pembekuan/ berlaci

2 Minggu

3 Bulan

6 Bulan

BAG/KOTAK COOLER

Dengan pek ais yang beku

24 Jam

STORAGE AND PREPARATION OF BREAST MILK. (2024). In CDC.

<https://www.cdc.gov/breastfeeding/breast-milk-preparation-and-storage/handling-breastmilk.html>



HPCBRUNEI

Talian Darussalam



Tahukah Awda?

Cara Penyimpanan Perahan Air Susu Ibu

Gunakan bekas yang betul



Balang kaca
dengan bahagian
atas skru



Botol plastik BPA-free
dengan penutup yang
ketat



Beg plastik untuk
penyimpanan susu
ibu



Label dengan **tarikh** dan **masa**



Simpan dalam kuantiti
yang sedikit dalam **dua** ke
empat oz supaya mudah
dicairkan



HPCBRUNEI

Talian Darussalam

123



Did You Know?

Breast Milk Storage Guidelines

FRESHLY EXPRESSED OR PUMPED

STORAGE TYPE/ TEMPERATURE

STORAGE TIME

ROOM TEMPERATURE

15°C - 25°C: air-conditioned

25°C - 37°C: not air-conditioned

Up to **4** Hours

REFRIGERATOR

2°C - 4°C

Up to **4** Days

FREEZER

1 - door

2 Weeks

2 - doors

3 Months

Deep freezer/ Freezer drawer

6 Months

INSULATED COOLER BAG

With frozen ice packs

24 Hours

STORAGE AND PREPARATION OF BREAST MILK. (2024). In CDC.

<https://www.cdc.gov/breastfeeding/breast-milk-preparation-and-storage/handling-breastmilk.html>



HPCBRUNEI

Talian Darussalam



Did You Know?

How To Freeze Breast Milk

Use the correct containers



Glass jars with
screw tops



BPA-free plastic
container with tight
caps



Plastic breast milk
storage bags



Always **label clearly** with
the **date** and **time**



Store milk in smaller
quantities, about **two** to
four ounces for easier
and faster thawing



HPCBRUNEI

Talian Darussalam

123

