



# Your Breastfeeding Journey: A Guide to Human Milk Sharing

A low milk supply or the inability to make breast milk should not hold you back from giving your baby human milk.

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your name and the date and time it was pumped.

- ~~F~~rozen milk should remain frozen and go immediately into the breast milk freezer at the hospital.
  - ~~T~~hawed breast milk needs to remain on ice and go into the breastmilk refrigerator at the hospital as soon as possible. ~~T~~hawed milk must be used within ~~2~~ hours.
  - Breast milk may remain in the refrigerator up to ~~4~~ days and should be used prior to this expiration date. ~~O~~nce thawed it may not be refrozen.
  - ~~L~~eft over frozen breast milk can be taken home and may remain frozen for up to ~~6~~ months.
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