



“ The Mothers Milk Bank Charity, giving food to the hungry, hope to the needy, life to a baby, because we can! ”



[www.mothersmilkbank.com.au](http://www.mothersmilkbank.com.au)

## Donate Milk

The Mothers' Milk Bank Charity has been established for the purpose of collecting, screening, pasteurising and distributing donated human milk to infants in need.

### **Becoming a donor...**

If you have decided to breastfeed your baby, you will know that breast milk is the ideal food for all infants and is especially important for babies who are sick or premature. For these infants, breast milk increases their chances of survival and assists in their long term physical and neurological development.

For a variety of reasons, some mothers with the desire and will to breastfeed cannot do so. They may be too unwell or under too much stress to produce enough milk. In the absence of their own milk, donor mothers' milk is the next best source of food for their baby.

We accept donor milk from breastfeeding mothers. Stored frozen breast milk stored in sterile bottles/ milk bags that has been expressed within the last 3 months is accepted for donation.

“Mothers Milk Bank is now inviting mothers breastfeeding babies at any age to donate milk.

We are reaching out to Mothers' who would like to help the numerous sick babies and Mothers who need other mothers help.”

### **Can any breastfeeding mother become a milk bank donor?**

Although your milk is perfect for your child, extra care needs to be taken when distributing donor milk to sick and premature infants.

Before the Mothers' Milk Bank Charity can accept your donated breast milk, we need to ask you a number of questions about your general health and lifestyle.

This screening process is similar to that of blood donors. You will be asked questions about your medical history and any medical conditions and/or lifestyle choices that may make you ineligible to donate.

### **First of all the logistics..**

Do you live on the east coast of Australia and have the ability to check in your frozen milk to a Freight office at an airport that has flights to the Gold Coast Qld ?

Mothers living in South East Qld and Northern NSW are within the MMBC Road transport pick up zones.

### **The Mothers' Milk Bank Charity will be unable to accept your milk if you:**

- Are a smoker.
- Use illegal drugs or other substances.
- Routinely consume more than 2 standard alcoholic drinks per day.
- Routinely consume 3 cups of coffee or other caffeine or stimulant containing drinks per day (i.e. coke, guarana or stimulant soft drinks, hot chocolate or cocoa).
- Have tested positive for HIV, Hepatitis B or C, HTLV 1 or 2, or Syphilis.
- Have lived in the United Kingdom between the years 1982- 1995 and may be at risk of Creutz Jakob Disease (CJD).

*If you have a medical condition or routinely take medications including herbal remedies, you may be eligible to donate to the Mothers' Milk Bank Charity, but a milk bank consultant may need to talk with you further.*

Please fill out our DONOR MOTHERS Screening Consent Form to see if you can generously donate your breast milk...



# Blood Tests

## For Milk Bank Donors

Ask your GP to bulk bill the blood test needed to donate & give you a copy of the results.

TEST : Heb B . Heb C.HIV. VDRL. HTLV 1 & 2. CMV

The donor is screened for HSV , the milk is pasteurised.

As a donor mother, you will be asked to have a blood test. This blood test is additional to the ones already undergone before giving birth to your baby.

If donating to the Mothers' Milk Bank Charity over a long period of time, you will also be required to undergo further blood tests. These will be required at three monthly intervals and additionally, three months after you cease donating to the Milk Bank. These blood tests can be arranged through your attending physician or General Practitioner.

Some diseases and infections can be transmitted through breast milk. Although they are eliminated during the pasteurisation process, blood tests ensure the absence of any of these infections pre-pasteurisation.

### **Your blood will be tested for:**

#### **HIV**

Human Immunodeficiency Virus, the virus responsible for AIDS (Acquired Immune Deficiency Syndrome). AIDS is the names given to a collection of diseases that develop because the body's immune system breaks down. It is possible to carry HIV for many years without becoming ill.

#### **Hepatitis B and C**

Viruses that infect the liver cells and can cause inflammation of the liver.

#### **HTLV 1 and 2**

Human T-cell Leukemia virus types 1 and 2 are most common in Southern Japan, the Caribbean, parts of Africa, South America and south eastern USA.

Many people who carry these viruses may display no symptoms even though they will be infectious.

#### **Syphilis**

A sexually transmitted bacterial infection.

#### **CMV (Cytomegalovirus)**

Blood tests for CMV are not required, as this virus is destroyed on freezing and through pasteurisation.

## **These infections can be passed on in a number of ways.**

- Through unprotected sexual intercourse.
- Through the sharing of needles.
- Via blood transfusions.
- Via breast milk.
- Via tattoos and body piercing if non-sterile equipment is used.

Once negative test results have been received, a Mothers' Milk Bank Charity consultant will contact you regarding the donation and collection of your milk.

In the event of a positive result for any of these conditions, you will be referred to a specialist for additional help and counselling.

All personal information and test results obtained by the Mothers' Milk Bank are held in strict confidence.

The Mothers' Milk Bank Charity is required by law to ensure the confidentiality of its donor mothers.

Each donor is registered with a donor number, which is the only identification used when collecting, processing and distributing donated milk.

If you have any further queries or concerns regarding these infections and possible transmission, please contact your Mothers' Milk Bank Charity consultant immediately.



## **Information for Donors**

### Your Questions Answered

#### **May I drink alcohol?**

There is no harm in drinking the occasional, small amount of alcohol whilst you are a milk donor. You should however, avoid consuming more than 2 standard drinks and leave as much time as possible between consuming alcohol and expressing. Alcohol leaves your breast milk approximately 2 and a half hours after consumption.

#### **May I eat chocolate?**

Chocolate and other cocoa and caffeine containing foods have been observed to directly affect the behaviour of breastfed children. Please express your milk prior to consuming foods containing caffeine, cocoa or chocolate.

#### **What if I am ill?**

Most minor illnesses will not affect your milk. If you are feeling unwell you may however, wish to stop donating for a period of time. Please inform the Mothers' Milk Bank Charity if you are ill or need to cease donating in the event of illness.

#### **What if I have taken any medications?**

Breast milk is only suitable for donation to the milk bank, if you have not taken medications or herbal remedies in the 48 hours prior to expressing. If you wish to still express and keep the milk for your own baby, it is important that you label the milk accordingly.

#### **What if I have vaccinations whilst I am a milk donor?**

Please inform the Mothers' Milk Bank Charity if you are about to have, or have recently had, any vaccinations.

#### **What are the blood tests for?**

Some diseases and infections can be transmitted through breast milk. Although these are eliminated during the pasteurisation process, blood tests for potential donor mothers are a necessity.

For more information about the screening process and blood tests required, please consult the Mothers' Milk Bank Charity brochure - Blood Tests and Donor Mother Screening.

### **What equipment do I need and how do I store my expressed milk?**

The Mothers' Milk Bank Charity will provide you with a donor kit including a breast pump and sterilised collection bottles and labels. Information pertaining to the best practice for expressing and storing donor milk, is also included in your donor kit.

### **What arrangements will be made to get my stored milk to the Mothers' Milk Bank Charity?**

The Mothers' Milk Bank Charity will make arrangements to collect your milk at a time convenient to you. Alternatively, you may bring it directly to the milk bank or a designated storage facility. If bringing it in person, an insulated bag or esky with ice packs is essential. This will ensure that the milk remains frozen during transit.

### **Are all of my details obtained by the Mothers' Milk Bank Charity confidential?**

The Mothers' Milk Bank Charity is required by law to maintain the confidentiality of its donors. Each donor mother receives a donor number as identification, which is used at all times when collecting, pasteurising and distributing your donated milk.

### **Will I be able to meet the babies who are receiving my milk?**

Individual donors do not meet the specific babies, mothers or families who receive their milk. This is part of the Mothers' Milk Bank Charity confidentiality policy. The milk bank does however, facilitate a donor and recipient support network and organise open days where families involved may meet with other families, health professionals and interested members of the community.

The Mothers' Milk Bank Charity also provides an online support forum where donor and recipient families can communicate, discuss various issues and offer support and advice.

Milk donors, like all breastfeeding mothers, benefit from a healthy diet and plenty of rest.



## **There are no rules about how much milk you should express for the Mothers' Milk Bank Charity.**

The Mothers' Milk Bank Charity accepts one off donations of stored milk as well as regular donations from donor mothers over a period of time. If you have a surplus of stored milk that you do not need for your baby, this milk will be accepted by the Mothers' Milk Bank Charity providing it is not more than three months old and has been stored in sterile containers in a deep freeze. If you become a regular donor to the milk bank, the amount of milk collected from each donor varies from woman to woman and from week to week. You donate what you can and every drop of milk is valuable.

Small and sick infants' benefit from the tiniest quantities of donated breast milk. Premature babies will often start with less than 20mls per day. It is a good idea to establish breastfeeding before you begin to express for the Mothers' Milk Bank Charity. Most donors feel that they are able to start milk donation within a month of their baby's birth.

Once you have begun donating, it is also helpful to establish a regular routine such as expressing at the same time each day. It is far more difficult to maintain your milk supply if you only express occasionally. Over time, your body will adjust the amount of milk you produce to meet the changing needs of your baby. It will also respond in the same way if you express regularly.



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**MothersMilkBankCharity**

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