

Donating Milk

INFORMATION SHEET

Mothers Milk Bank Charity was established in 2009, for the purpose of collecting, screening, pasteurising, and distributing donated human milk to infants in need.

HAVE QUESTIONS? FAQs are on the back page

BECOMING A DONOR

If you have decided to breastfeed your baby, you will know that breastmilk is the ideal food for all infants and is especially important for babies who are sick or premature.

Breastmilk increases their chances of survival for these infants 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 breastmilk stored in sterile bottles/ milk bags that have been expressed within the last 3 months is accepted for donation.



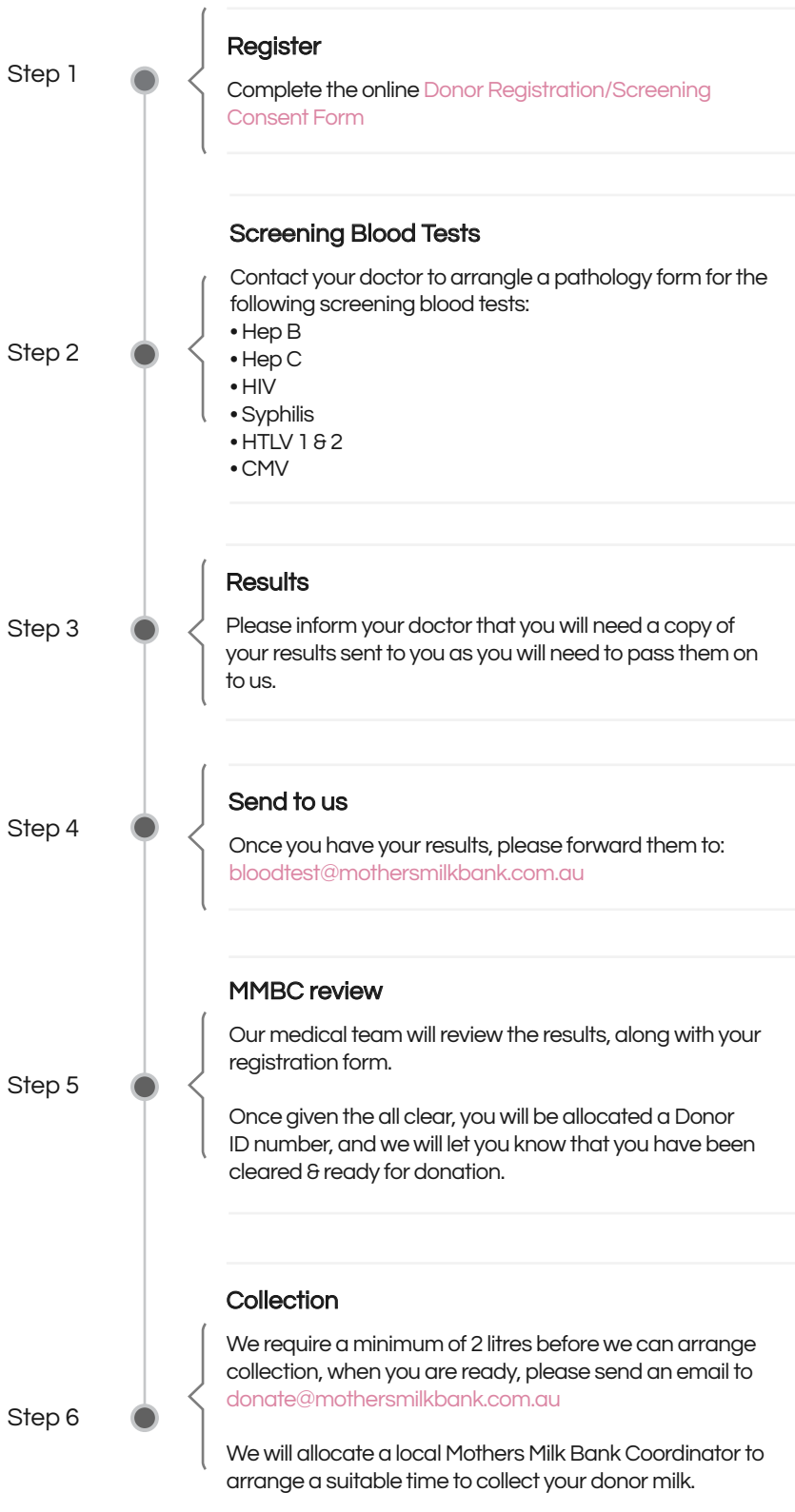
CAN ANY BREASTFEEDING MOTHER BECOME A MILK DONOR?

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

Before Mothers Milk Bank Charity can accept your donated breastmilk, 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, any medical conditions and/or lifestyle choices that may make you ineligible to donate.

STEPS TO DONATE MILK





COLLECTION OF EXPRESSED BREASTMILK (A MINIMUM OF 2 LITRES IS REQUIRED)

All these measures help us immensely when we receive and process your donated milk.

- Please ensure that your breastmilk is collected in recognised breastmilk storage bags (not Ziplock bags).
 - If possible, fill your storage bags to the top line of the bag or bottle (no greater). This reduces the chance of the bags splitting or leaking.
 - Please write your surname and the date you expressed the breastmilk onto each bag.
 - Your expressed donor milk must be immediately stored in the back part of your refrigerator (for up to 3 days) or preferably in the back part of your freezer (for up to 3 months).
- The back is the coldest part of your refrigerator/freezer.

Would you like to learn more about us?
mothersmilkbank.com.au/about-us

“ I really was anxious about my upcoming birth as the first time around my milk was slow to come in. So for under \$200 I ordered the Bridging Milk[®], and bingo, while my milk was low I used the Bridging Milk[®] to supplement my supply, and as I was advised my milk arrived on Day 3. The whole process was quick and easy and I would highly recommend it to any soon-to-be Mums. ”

Samantha, Tweed Heads

Mothers Milk Bank Charity is unable to accept from the following donors:

- Smokers
- Illegal drugs or other substances users
- If you routinely consume more than 2 standard alcoholic drinks per day
- If you routinely consume 3 cups of coffee, other caffeine or stimulant-containing drinks per day.(i.e., Cola, Energy Drinks, hot chocolate, etc)
- HIV, Hep B or C, HTLV 1 or 2, or Syphilis positive persons
- Those who have had a Tattoo/s within 6 months

FREQUENTLY ASKED QUESTIONS

Choosing to donate milk brings up a lot of questions, and all of them are important. Here are a few we are most often asked.

HAVE OTHER QUESTIONS? Send us an email or message us through our website contact page

ALCOHOL CONSUMPTION

Can I consume alcohol while expressing & donating?

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 breastmilk approximately 2 and a half hours after consumption.

CHOCOLATE & CAFFEINE

Can I consume chocolate and or caffeine?

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

UNWELL?

What if I am unwell?

Most minor illnesses will not affect your milk. If you are feeling unwell you may however wish to stop donating during that period.

MEDICATION

What if I take medication?

When completing the donor registration form, please inform us of all medication/s you are taking or begin to take during the milk donation period, including herbal remedies. Our medical team will review these medications/herbal remedies and advise you if it is still suitable and safe for our Mothers Milk Bank Charity to accept.

PERSONAL DETAILS & CONFIDENTIALITY

Will my personal details obtained by the Mothers Milk Bank Charity be confidential?

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 always used when collecting, pasteurising, and distributing your donated milk.

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

Due to the Mothers Milk Bank Charity confidentiality policy, individual donors do not meet the specific babies, mothers or families who receive their milk.

MILK DONATION LIMITS?

Is there a limit to have much milk I can express and donate to the Mothers Milk Bank Charity?

Definitely not, our charity accepts one off donations (minimum 2 litres) as well as regular donations from donor mothers over many months/years if you have surplus. Once the expressed donor milk is frozen though, we do not accept milk more than three months old (stored in upright fridge/freezer) alternatively six to twelve months in a stand only upright or chest freezer.

Contact Us
(07) 3260 6609

enquiry@mothersmilkbank.com.au
mothersmilkbank.com.au



Copyright ©2023
This work is licensed under a
CC BY-NC-ND 4.0 license.

Visit Us
Lot 9, Unit 15
62 Crockford Street
Northgate, QLD 4013

Monday - Friday
9:00am to 5:00pm AEST