



Donated Breastmilk

Let's consider ...



Did you know that ...

many mothers have more
breastmilk than their baby needs?





**Some mothers donate
their extra breastmilk
to the Milk Bank
at
BC Women's Hospital
in Vancouver.**



After Mother's own milk which kind of milk is best for Baby?

Breastmilk from a Milk Bank

- ☛ It's most like mother's own breastmilk.
- ☛ It's pasteurized.
- ☛ It has most of the immune factors of fresh breastmilk.

Artificial milk (formula)

- ☛ It is manufactured from cow milk ingredients & other additives.
- ☛ It has no immune enhancing properties.




The World Health Organization Standards of Infant Feeding

- ✓ Gold - Mother's own breastmilk
- ✓ Silver - Mother's own expressed breastmilk
- ✓ Bronze - Human milk from a Milk Bank




What does the Milk Bank do with the donated milk?

- ☞ They pasteurize the milk.
 - ☞ They test it carefully for any bacteria or viruses.
 - ☞ They freeze it until it is needed.
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Is it safe?

✔ **Yes!**

- ✔ Mothers are interviewed & have blood tests to confirm their good health. Their doctor or midwife also confirms they are a suitable donor.
 - ✔ The milk is pasteurized and then tested very carefully.
 - ✔ **No** bacteria or viruses are allowed in the pasteurized milk.
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Who receives banked breastmilk?

- ☛ It depends on how much milk is available at any given time.
 - ☛ Babies who are the most sick have first priority.
 - ☛ If a mother is unable to supply enough milk for her baby, her doctor or midwife can prescribe banked milk. It will be given if possible.
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Who may donate breastmilk?

- Usually mothers with extra milk who are healthy, non-smokers, whose babies are under 1 year old, and who will have blood tests may donate.
 - The Milk Bank conducts a telephone interview and explains about who is eligible.
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How does a mom become a donor?

- ☛ Mothers call the Milk Bank and leave a message at 604-875-2282.
 - ☛ A Lactation Consultant will return their call between 8 a.m. and 3:30 p.m. to conduct an interview by phone.
 - ☛ The potential donor's doctor or midwife is asked to confirm that she would be an appropriate donor.
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Who May Not Donate?

Mothers may not donate if they

- ☛ have had a blood transfusion in the past 12 months.
 - ☛ smoke or use illegal drugs.
 - ☛ take mega-doses of vitamins.
 - ☛ use certain medications.
 - ☛ have chronic infections.
 - ☛ have systemic disorders.
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Why is breastmilk important?


- ☞ It is the perfect food for human babies.
 - ☞ It helps babies to grow into normally healthy individuals.
 - ☞ It helps each baby's own immune system to develop.
 - ☞ Many immune properties are present even after human milk is pasteurized.
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**Donor milk can be
a life saver!**





How does one get banked milk from the Milk Bank?

- ☛ Talk to your doctor or midwife to get a prescription for banked milk.
 - ☛ Contact the Milk Bank for information at **604-875-2424** **local 7634.**
Milk costs about \$3 / 75 cc. (about 2 _ oz).
 - ☛ In the Greater Victoria area contact milkbankinfo@breastfeedingmatters.ca for help with shipping costs.
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More information ...

www.hmbana.org – The Human Milk Bank
Association of North America

www.bcwomens.ca – BC Women's Hospital

www.breastfeedingmatters.ca –
Breastfeeding Matters—South Vancouver Island, a
non-profit volunteer organization

