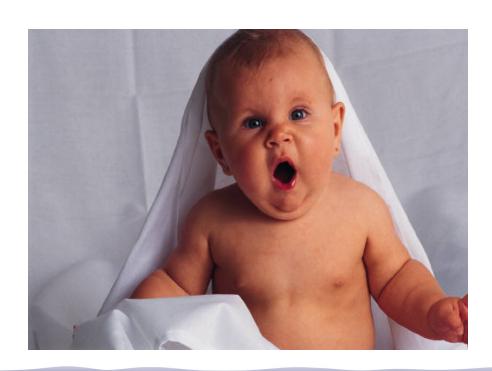
### **Donated Breastmilk**

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.

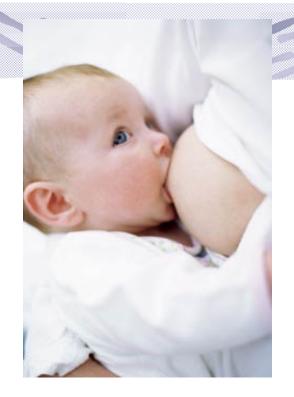
## After Mother's own milk which kind of milk is best for Baby?

## 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.

#### 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.

#### 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.

### 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.

#### 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.

### Who May Not Donate?

Mothers may <u>not</u> donate if they

- Thave had a blood transfusion in the past 12 months.
- smoke or use illegal drugs.
- take mega-doses of vitamins.
- ruse certain medications.
- Thave chronic infections.
- Thave systemic disorders.

### 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.

# 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 <a href="milkbankinfo@breastfeedingmatters.ca">milkbankinfo@breastfeedingmatters.ca</a> for help with shipping costs.

#### 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