

## The Human Milk Bank Stages to becoming a Milk Donor

Contact the Human Milk Bank by email [tmb.swah@westerntrust.hscni.net](mailto:tmb.swah@westerntrust.hscni.net) or by phone on 028 6862 8333 or 00 44 28 6862 8333 for Republic of Ireland.

Donor will receive relevant information and Donor Record Sheet for completion to be returned via email or post.

Donor Record Sheet will be reviewed by the Human Milk Bank Co-Ordinator and, if clear, donor will be emailed a Donor Number to be used on all correspondence.

### Milk Already Expressed

1. Milk is required to be donated only in sterile single use hospital bottles.
2. Donor will be sent a blood testing kit.
3. Please contact the Human Milk Bank Staff to arrange a collection date.
4. On receipt of blood testing kit, if a NI donor please book an appointment for bloods to be taken anytime in the week prior to collection. If ROI donor please get bloods done on the Friday before collection on Sunday. Store in the door of your fridge until collection. **Do not freeze.**
5. If donation is located in a hospital, contact will be made between the Human Milk Bank and the Neonatal Unit to arrange collection.
6. Blood biker will collect donor milk on agreed collection date and the Human Milk Bank will notify the donor when donation is received.
7. If your donation passes microbiology and analysis the Human Milk Bank would be delighted if you would donate again. Donations can be taken up until the 9th month birth date of your baby or if premature 9th month corrected birth date.

### No Milk Expressed Yet

1. Donor will receive either a Starter Pack with 15 x 100ml bottles followed by Donor Pack with 30 x 100ml bottles and Temperature Sheet or, if requested, donor can go straight to a Donor Pack which includes a Blood Testing kit.
2. When nearing 3 litres please contact the Human Milk Bank to arrange a suitable date for collection. First expression date cannot be older than 3 months when collected. **Collection takes between 2 - 4 weeks to organise.**



3. If NI donor please book an appointment for bloods to be taken anytime during the week prior to collection. If ROI donor please get bloods done on the Friday before collection on Sunday. Store in the door of your fridge until collection. **Do not freeze.**
4. Donor will receive a confirmation email a few days prior to collection. The Blood Bikers will make contact on the number provided on the Saturday before Sunday's collection of donation and bloods if applicable to confirm a time to meet at donor's hospital of choice.
5. Donor will receive an email confirming donation received.
6. If your donation passes microbiology and analysis the Human Milk Bank would be delighted if you would donate again. Donations can be taken up until the 9th month birth date of your baby or if premature 9th month corrected birth date.