

Any queries~ Please do not hesitate to contact us on:-

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Western Health  
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# Some Basic Requirements on Becoming a Human Milk Bank Donor

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Human Milk Bank Team  
WHCT  
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**Stage 1** Working on the Blood Transfusion and N.I.C.E Cg93 guidelines we send a questionnaire by email which we need you to fill in and return.

**If you want to become a donor you should:**

- Eat well, feel well, be well!!!
- Be able to do breast compressions to increase the fat content
- Keep within the alcohol guidelines, 1-2 units twice weekly (not 4 units at once)
- Ensure your home is smoke free from smoking or vaping and not on nicotine replacement therapy.
- Never have had IVF treatment involving human origin or have had a Blood Transfusion
- Limit coffee intake, max 2 per day
- Never have taken placenta encapsulation capsules
- Never have used illegal drugs
- Some routine medications may be acceptable, contact the Milk Bank for advice

**Stage 2** The Human Milk Bank accepts milk from babies up to the birth date of the 6<sup>th</sup> month as we only supply milk to neonatal babies.

Donors have to be recruited before baby is 12 weeks old.

**Stage 3** A minimum donation of 3 litres is required from each donor, but we would love to receive more if possible. This can be collected and kept frozen within a 3 month period as long as it is in sterile single use hospital bottles.

**Please Note** for Food Safety reasons we can no longer accept **MILK** collected in **BAGS**.

**Stage 4** We provide each donor with a starter pack which contains 10 x 100ml sterile single use bottles. Two tamper evident seals are also included with the zip lock bags for safe donation.

We ask donors to fully fill the bottles to the 100ml line for transportation purposes so that they stay frozen for longer. We know this is not possible for some mums so we ask them to layer the milk.

- Name, donor number and date each bottle.
- When you express milk, cool it in the fridge (away from meat products) for a minimum of 4 hours and no longer than 12 hours before placing into the freezer.
- The following day start with a new bottle, expressing and cooling in fridge for 4 hours. After the 4 hours but before 12 hours take the partially filled bottle from the freezer and top it up with cooled milk from the fridge this is the second layer.
- Repeat the process until the bottle is filled to the 100ml line (this allows for expansion when frozen)

**Stage 5** Once you have 6 starter pack bottles filled please ring to request a Donor Pack consisting of 30 x 100ml bottles and Blood Test Kit (*which only needs to be taken the week before collection in NI and on the Friday before for ROI*)

Please do not be put off by the quantity. We are not expecting miracles, remember you have 3 months to collect the minimum requirement.

**Stage 6** When you have 3 litres expressed and are able to donate, please contact the Human Milk Bank for your collection date.

Once contacted the Human Milk Bank staff will coordinate the collection of your donation from the nearest hospital of your choice.