

If you would like more information about donating please contact the Birmingham Milk Bank.

Staff there will be happy to answer any questions you may have.

Birmingham Women's Hospital
Milk Bank
Metchley Park Road
Edgbaston
Birmingham
B15 2TG

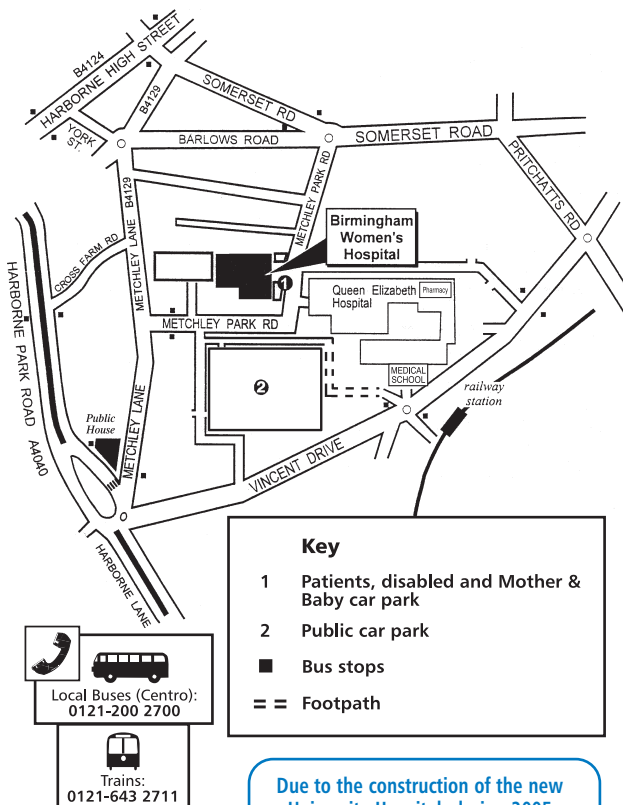
Tel: 0121 472 1377 Ext: 4040

Additional Information about milk banking can be found from the United Kingdom Association of Milk Banking (UKAMB).

The Milk Bank
Queen Charlotte's and Chelsea Hospital
Du Cane Road
London
W12 0HS

Email: ukamb@science-network.com
www.ukamb.org

UKAMB is an official registered charity (number 1083892)



Due to the construction of the new University Hospital, during 2005 there will be changes to the road layout, positioning of bus stops and car parks. We apologise for any inconvenience.

Birmingham Women's Health Care
NHS Trust

Edgbaston, Birmingham B15 2TG

Telephone: 0121 472 1377

Fax: 0121 627 2602

Birmingham Women's Health Care **NHS**
NHS Trust

Donating Breast Milk

Your questions answered



Saves Babies Lives

What is a Human Milk Bank?

There are approximately 15 Milk Bank services in the UK. They collect, screen, process, store and distribute Donated Human Breast Milk (DBM). This is used to feed premature or sick babies.

Why use Donor Breast Milk rather than formula milk?

Research has demonstrated an improved outcome in those infants fed with human DBM including a significant reduction in the risk of infection (due to its special anti-infective properties).

Who can donate breast milk?

Mothers who are breast feeding their own baby and find they have milk surplus to their baby's requirements.

When should I contact the Milk Bank?

If you think you would like to donate your breast milk the best time to contact the Milk Bank is as soon as you have established breast feeding with your baby and you find you have excess milk.

You can then donate milk until your baby is six months old. You must however enrol with the Milk Bank before your baby is four months old.

What happens when I contact the Milk Bank?

When you contact the Milk Bank you will be asked some questions regarding your health and life-style, and asked to complete a questionnaire.

There are certain reasons that will exclude you from becoming a donor e.g. smoking or taking most prescribed medications.

You will also be required to have some blood tests to ensure that infections or viruses will not be passed on via your milk.

You may have been tested for some of these infections during your pregnancy but the Milk Bank will need to repeat them.

How much milk will the Milk Bank expect from donors?

Small or sick babies benefit from even the smallest quantities of breast milk, therefore, you can donate whatever you can. Each mother produces different amounts at different times and you will find that the amount you are able to express varies from day to day.

How do I express?

In order to express you will need:

- A breast pump
- Some form of sterilising equipment
- Sterilised milk bottles
(for storage of the expressed milk)
- A freezer for milk storage

Staff from the Milk Bank will try to visit each donor individually to advise them. Sterile milk bottles will be provided by the Milk Bank, they may also be able to provide you with a hand expressing pump.

Who receives the milk?

Most DBM is used as an alternative to formula milk to feed babies in Neonatal Intensive Care Units when a mother's own breast milk is insufficient in volume or unavailable (due to maternal illness or geographical separation of mother and baby).

DBM is not only used at the Birmingham Women's Hospital but is sent to other hospitals within the West Midlands and throughout the country.

Does the Milk Bank have a policy on confidentiality?

Yes. Any information held by Milk Bank about you is strictly confidential and will not be shared with anyone without your prior consent.

Due to confidentiality we are also unable to disclose which babies you are helping by donating your breast milk.

For further information about becoming a donor please refer to the page overleaf of this leaflet.