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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उगाठुं उवममे दी लॅउ वै उं विरुधा बरवे दिस नंघर उे डेन वरवे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Could you become a breastmilk donor?



What is the best milk for my baby?

A mother's own milk is the best possible food for your baby.

What is donor breastmilk?

Donor milk is another mother's breastmilk, donated free by mothers who already have plenty of milk for their own baby.

Why do some babies require donor breastmilk?

Some mothers are unable to feed their new baby. This may be due to the mother being unwell or because her milk production may not have started. Some mothers with premature or very sick babies may feel under too much pressure to produce enough milk.

Why should I use donated breastmilk?

Research has shown that human breastmilk is more easily digested than formula milk; it also helps to protect babies from infections.

Is donated breastmilk safe?

All our registered mothers have undergone lifestyle checks and screening tests at recruitment. Our milk is tested for bacteria and pasteurized at 62.5 C for added protection; United Kingdom Association for Milk Banking (UKAMB) guidelines recommend

What if I am unwell?

Most minor illnesses will not affect your milk, however we do ask you to let the milk bank know or stop collecting until you are well again.

Can I drink alcohol?

Yes, but in moderation. Please avoid drinking more than 1-2 units of alcohol once or twice a week. Please also leave as much time as possible between consumption and expressing.

Contact Details

asp-tr.sph.milkbank@nhs.net

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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What should I do before I express?

All milk sent to the milk bank must be tested for acceptable levels of bacteria; we are unable to use any milk which has been contaminated. To minimize the risk of having to discard any of your precious milk, we ask you to take a few precautions before expressing.

- First remove the lid from your clean expressing kit container.
- Wash your hands thoroughly with soap and water and dry with paper towel.
- If you have a daily bath or shower there is no need to wash your breasts before expressing.
- Please sterilize equipment before expressing.
- Please change your breast pads at least twice a day.

How do I store the milk?

Pour your collected milk into a sterilized bottle and put it into the fridge straight away. You may add to this bottle throughout the day but please do not fill it more than 100mls full as the milk will expand in the bottle once frozen. Start new bottle(s) when necessary. At the end of the 24hour period please put your bottles into the freezer even if you have only expressed a small amount. If you need to take any prescribed medicine such as antibiotics or any herbal remedies please stop collecting for the milk bank until 48 hours after the last dose.

that all donor milk is heat treated. We have strict criteria, therefore only milk that falls into this category may be given to babies.

What screening takes place?

All mothers are screened for the following.

Lifestyle: this to ensure the mother does not

- Smoke, use nicotine replacement therapy or illegal drugs,
- Drink more than 1-2 units of alcohol once or twice a week.
- Drink a large volume of drinks containing caffeine per day.

Previous medical history: we need to check that our mothers do not have:

- a chronic or acute medical condition that requires certain medications.
- a family history of TB
- a history of having received growth hormone
- a family history of CJD(there is currently no evidence that CJD is transmitted through breastmilk).

Infections: a blood test will be done to check for **Human Immunodeficiency Virus (HIV), Hepatitis B** and **Syphilis** and the results are **negative**.

- **HIV** is the virus which causes Acquired Immunodeficiency Syndrome (AIDS), the name given to a collection of

disease which develop because the immune system breaks down. It is possible to carry the virus for many years without becoming ill.

- **Hepatitis B** is a virus that infects liver cells and can cause inflammation of the liver.
- **Syphilis** is a sexually transmitted bacterial infection.

Could you be a Breastmilk donor?

The St Peter's Milk bank welcomes enquiries from any mums who are currently breastfeeding their baby or have milk stored. If you feel you meet the criteria for our screening process, we would love to hear from you.

Human milk banks must take precautions to ensure all milk is safe so we follow the same strict rules as if you were a blood donor; all potential donors have to be tested for infections that may be passed on through milk. You will be required to have a blood test. If you are currently taking any medication, please contact us. What may be safe for a mother's own baby may not be safe for premature and sick babies.

When should I start expressing for the Milk Bank?

We recommend that you establish your own baby's feeding before donating your milk. Most of our donors decide within the first few months that they would like to express for us. For most of our mums the law of supply and demand ensures that they still produce plenty of milk for their own baby.

How is milk collected?

All our donors need to have their own breast pump. The milk bank is able to supply sterile bottles, labels, luggage tags and instructions. Each bottle must be clearly labelled with the donor's name and the date the milk was expressed and put into the freezer.

When a 'batch' of milk is ready to be delivered, the donor should put it into a clean plastic bag. This should be tied and a luggage tag attached with the label identifying the donor. Any medication should also be added to the label.

The amount of milk collected from each donor varies from woman to woman.

We can also accept 'one off' donations as 'every drop really does count'. Premature babies on the unit will often start with less than 20mls of milk per day.

When should I be expressing?

We encourage our mums to get into a routine and express around the same time each day. Milk is made on demand so if you are not routinely expressing this may affect the amount you are able to produce. Some mums prefer to express from one breast while their baby is feeding from the other. Most importantly, to help you maintain a good milk supply, you must ensure you eat healthily and get lots of rest.