

Your milk can help save a baby's life

Mother's Milk

For many newly born babies, there is no substitute for mother's milk, especially for the ill or premature infant and those requiring special care.

These babies cannot feed from the breast because they are too weak or too small. Their own mothers may not be able to provide enough milk at first and this is where a donor mum can help.

Donated breast milk can quite simply help to save a baby's life.

The Donor mum

A donor mum is a mother who is still breastfeeding her baby and finds that she has surplus after her baby has been satisfied. This extra milk is donated to the milk bank to feed other babies.

Before a donor can donate, she must undergo verbal screening about her lifestyle and any medical conditions she may have as well as blood screening for the following infections:

HIV 1 and 2 (viruses including AIDS)

Hepatitis B and C

HTLV (Human T-cell leukaemia virus)

Syphilis

Based on these results, a decision is made as to whether a mother is acceptable as a donor.

Donors are asked to hand express or use a breast pump and freeze their surplus milk on the day of expressing. Donors are given bottles to store their milk in. They are asked to record their freezer temperature daily (a thermometer is provided).

The breast milk is then pasteurised (special heat treated) before it can be used. This must be done within 3 months of the milk being expressed so ideally the milk bank needs to receive it within 2 months of expressing it.

We can arrange collection or donors can deliver the milk to the milk box using a cool box.

How can you help?

Demand for breast milk rarely changes. There are always sick and tiny babies who need it and so there will always be a need for mothers to become donors.

The milk bank recruits mothers whose babies are less than 6 months old at the time when the breast milk is first being collected and will usually accept milk up until the time when your baby is one year old.

We are always in need of donor mums and if you are interested, please contact the Neonatal Unit at Calderdale Royal Hospital. The direct line number (01422) 224421 – ask for milk bank staff or via email at CHFTDonorBreastMilkBank@cht.nhs.uk

If you would like more general information about becoming a donor, visit the UKAMB (UK Association for Milk Banking) website: www.ukamb.org

A few words from one of our NICU mum's

'As a preemie mum, seeing the health benefits and pure magic of breast milk transform the SCBU patients, helping my son grow every day, was nothing short of amazing. With an oversupply I was blessed enough to be able to stash away milk for a rainy day, and as I saw others struggle, I began to feel lucky my body was allowing me to do this. Becoming a donor and knowing I am supporting other little warriors and their families in their fight back to health is an honour and the infant feeding team make it so easy to do, if you can spare some, then please donate.'

If you have any comments about this leaflet or the service you have received you can contact :

Calderdale and Huddersfield
Donor Milk Bank
Telephone (01422) 224421

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"