



Becoming a breast milk donor



Donor breast milk

Donor breast milk is breast milk that has been expressed by another mother and donated to a milk bank. The milk is then processed and used to feed other babies.

How donor breast milk is used

Your donated breast milk would be used to feed babies whose own mothers cannot give them as much breast milk as they need. We use the donated breast milk within Evelina London Children's Hospital. We also supply other neonatal units in London and Kent when needed.

Who can donate

You will need to meet our health and lifestyle criteria.

We need donors to donate at least 2 litres of milk, either as a one-off donation or over a period of time. If you cannot provide this amount, we would still like to hear from you, as we can sometimes make an exception. Usually, we accept milk that has been expressed in the first 6 months. This is because the majority of breast milk is given to premature babies who have different nutritional needs to older babies.

Who cannot donate

We cannot accept your milk if:

- you smoke (including e-cigarettes)
- you use any form of nicotine replacement therapy (such as nicotine gum and patches) or are exposed to passive smoking
- you drink 2 units of alcohol two or more times a week
- you use illegal drugs
- you have a family history of tuberculosis (TB)

How to become a donor

If you would like to become a donor, you will need to contact the Milk Bank team. You will be sent a health questionnaire which will include questions about your lifestyle, health, and your baby.

This helps us to make sure that there is no health condition or medicine you are taking that will affect the babies that receive your milk. All your health information will be treated confidentially and only used to see if you are a suitable donor. There are many medical conditions and medicines that do not stop you from being able to donate. Please contact the Milk Bank to talk about this.

This questionnaire can be sent to you by post or by email.

Once we receive your health questionnaire, we will arrange for you to have blood tests taken to check for:

- HIV
- hepatitis B and C
- HTLV (human T-cell leukaemia viruses) Type 1 and 2
- syphilis

All donors need to have these tests before they are registered. We cannot use the results from your blood tests taken during pregnancy.

Once we receive the results of your blood tests, which takes about a week, we will contact you. We will pass on the results and let you know if you can be registered as a donor.

We can arrange for any donated milk to be collected. This includes any frozen milk that has been expressed within the last 3 months. We can also provide all the bottles that you will need to store your milk for donation.

Useful information

UK Association of Milk Banks

web www.UKAMB.org

Unicef – Baby Friendly

web www.unicef.org.uk/babyfriendly

Contact us

If you would like to become a breast milk donor, or have any questions, please contact the Milk Bank **phone** 020 7188 8846, Monday to Friday, 9am to 5pm, or **email** milkbank@gstt.nhs.uk

Out of hours, please contact the Special care baby unit, **phone** 020 7188 8846.

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** pals@gstt.nhs.uk. To make a complaint contact the resolution department **phone** 020 7188 3514 **email** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please contact the department your appointment is with.

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone** 111 **web** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, **web** www.nhs.uk



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