Donating breast milk

How and where to donate excess breast milk to

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WHO CAN DONATE?

VILL LIKELY QUALIFY AS A DONOR IF:

are in good general health
are a non-smoker
do not use certain medications or herbal supplements
is gone over with you during a phone consultation)
are willing and able to donate at least 150 oz of milk
are nursing an infant who is less than one year of
and have a larger milk supply than is needed to
rish your child *(bereaved or surrogate mothers are*
eligible to donate)

STORED MILK

In most cases, previously collected milk will be accepted.

WHY GIV

BENEFITS OF DONOR M

Donor human milk significantl
of life-threatening complicatio
premature infants during the fi
hospital Neonatal Intensive Ca
this life saving nourishment to
milk is not available.

EVERY LITTLE BIT COUN

One ounce of your milk can fe
preemie for an entire day - lite
his or her life.

VE MILK?

ILK

y decreases the odds
ns and infections in
rst months of life. Babies in
re Units (NICUs) depend on
thrive when their own mom's

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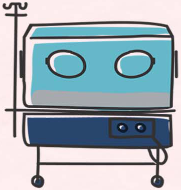

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rally saving

STEPS TO BECOMING A

1. Contact the Milk Bank

Complete a 10 - 15 minute phone screening.

2. Complete and Submit Forms

You'll receive a link to an online form, as well as a d
medical release forms to sign. Milk Bank staff will t
signatures from your medical provider(s).

3. Have Your Blood Screened

Donor serum screening will be preformed, at the m
likely at one of the Donation and Outreach Centers.

4. Get Approved

Once lab results are received, and the signed forms
receive your approval and donor number.

5. Receive Collection Containers an

They will provide you with containers and make arr
off your frozen milk at one of the Donation and
Outreach Centers.

DONOR

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WHAT HAPPENS TO THE MILK?

Received

Milk is received and stored in large freezers.

Processed

Milk is pooled together into large flasks, then poured into sanitized glass bottles. The bottles are pasteurized for 30 minutes, then cooled, labeled, and refrozen.

Analyzed

A small sample of milk is analyzed to assess fats, proteins, and lactose. This sample is then sent to a testing lab to test for any bacterial growth.

Approved

The milk is prioritized for Utah and Idaho hospital NICU needs. The rest is sent coast to coast to help alleviate shortages at other hospitals.

Mountain West Mothers' Milk Bank

Moms who donate their excess breast milk through this non-profit milk bank help medically-fragile infants in Utah and Idaho survive and thrive.

www.giveyourmilk.org
1-877-367-9091