



An introduction to the human milk bank

Introduction

Breast milk is the optimal food for babies and is important for premature and critically ill babies. These babies have higher nutritional requirements. Mothers are unable to provide their milk due to maternal illness, medication or low milk supply. We now have a facility for accepting donor human milk to help in these situations.

Mothers who volunteer to donate to the human bank are usually producing more milk than their own baby needs.

If you are interested in becoming a human milk donor we require you to complete a lifestyle questionnaire and to undertake blood tests. Factors that may exclude you from becoming a donor include smoking, drinking alcohol regularly, taking certain medications or misusing drugs.

What is a human milk bank?

This is a facility that accepts donated human milk which is then screened, pasteurised, frozen and given to the babies that meet the neonatal unit criteria.

How can I become a donor?

Ask your midwife or neonatal nurse for the “Donating your human milk” pamphlet. The milk bank contact details are in the pamphlet. A staff member from the milk bank will then guide you through the process.

The human milk bank appreciates both the support from the donor mothers, volunteers and those who contribute financially to maintain this facility.