

If you would like more information about donating please contact the Birmingham Milk Bank?

Staff will be happy to answer any questions you may have.

Birmingham Women's NHS Foundation Trust
Milk Bank
Metchley Park Road
Edgbaston
Birmingham
B15 2TG

Tel: 0121 472 1377 ext 4040

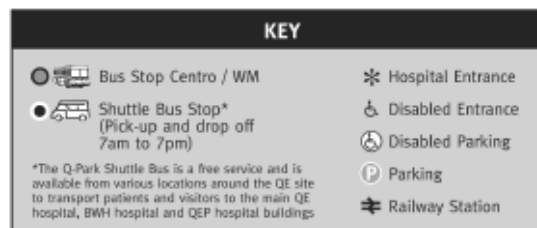
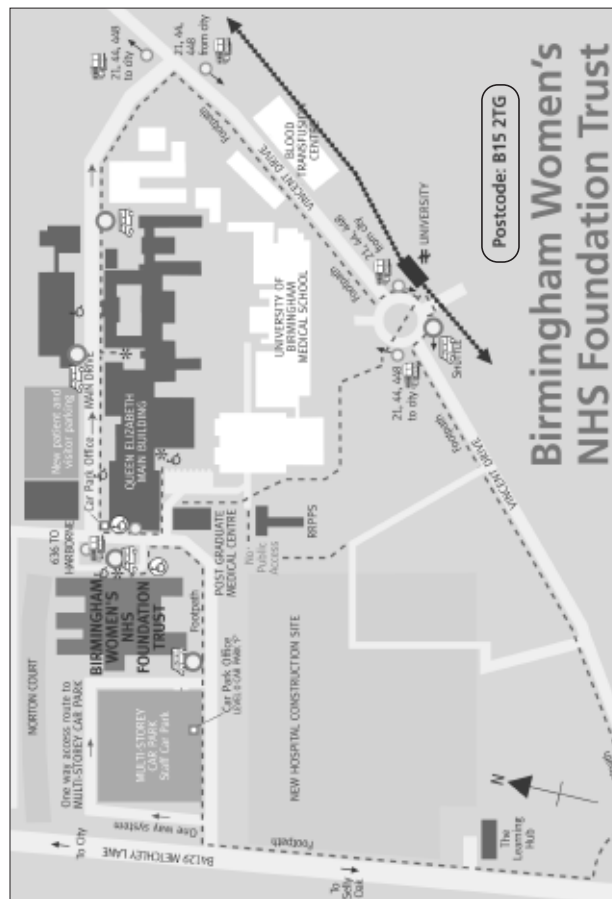
Further Information is available on request or visit the Milk Bank page at

www.bwhct.nhs.uk/

Additional information about Milk Banks can be found from the United Kingdom Association of Milk Banking (UKAMB)

The Milk Bank
Queen Charlotte's and Chelsea Hospital
Du Cane Road
London
W12 0HS

Email: ukamb@science-network.com
www.ukamb.org



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Birmingham Women's 
NHS Foundation Trust

Donating Breast Milk

*You can help make a
difference to Sick or
Premature Babies*

What is a Human Milk Bank?

Human Milk Banks are for collection, screening, pasteurisation, storing and distribution of Donated Human Breast Milk. There are approximately 17 Milk Bank services in the UK.

Why use Donor Milk?

Research has demonstrated an improved reduction of infection and other problems which can occur in sick or premature babies by being fed Breast Milk due to its special anti-infective properties which increases their chances of survival and helps their long term development.

Unfortunately this is not always available from the babies own mother due to insufficient supply, maternal illness or geographical separation from the baby. Using Donor Breast Milk is a safe alternative.

Who can donate Breast Milk?

Mothers who have established breast feeding with their own baby and find they have surplus to their baby's requirements. Enrolment as a Donor is best before your baby is 4 months old. You can continue to donate until your baby is 6 months old.

This may not seem a long time to provide Donor Breast Milk, but you would be surprised at what some of our mothers have donated.

What happens when I contact the Milk Bank?

On initial contact the Milk Bank team will ask some general questions about your health and lifestyle and the health of your baby based on a questionnaire. There are certain reasons which will exclude you from becoming a donor e.g. smoking or taking certain prescribed medicine.

Blood tests are required to ensure infections or viruses will not be passed on via your milk. Although you will have blood tests during pregnancy Milk Banks are required to take them again for their own records.

An information leaflet will be provided with further information if the Milk Bank believes you are suitable. This will provide you with more detailed information about the Milk Bank and becoming a Donor.

How much breast milk will I be expected to produce?

Sick or premature babies benefit from even the smallest quantities of breast milk. Each mother produces different amounts at different times. You will find the amount you express will vary from day to day.

One bottle of Donor Breast Milk could feed up to 5 sick or premature babies for the day. Every drop really does count.

How do I express?

In order to express you will need:

- A method of expression
- Sterilising Equipment
- A freezer for milk storage

The Milk Bank will provide you with:

- Sterilised Milk Bottles (for the expressed milk)
- All relevant documentation
- An information leaflet with details of the Process
- Freezer Thermometer (if required)

Who receives the milk?

Donated Breast Milk is used to feed premature or sick babies on the Neonatal Unit at Birmingham Women's Hospital and other Neonatal Units in the West Midlands Region and the UK who do not have a Milk Bank.

Does the Milk Bank have a policy on confidentiality?

Yes. Any information held by the Milk Bank about you is strictly confidential and will not be shared with anyone without your prior consent.

Due to confidentiality we are also unable to disclose which babies you are helping by donating your breast milk.