



Birmingham Women's
NHS Foundation Trust



Breast Milk Donor

Patients Information

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BACKGROUND

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. They provide a valuable service to Neonatal Units caring for sick and premature babies across the UK.

History of Birmingham Women's Hospital Milk Bank

The human Milk Bank in Birmingham was established in 1950 at Birmingham Children's Hospital and transferred to Sorrento Maternity Hospital in 1955. After the second world war The Birmingham Milk Bank was only one of five in the UK supplying Donor Breast Milk to other hospitals. Sorrento Maternity Hospital moved to the Birmingham Women's Hospital in 1993 and the Milk Bank has continued the service from here ever since.

It is the only one within the West Midlands region and provides donor breast milk for its own Neonatal Unit babies and also distributes donor breast milk to many local and national hospitals with sick or premature babies including the Birmingham Children's Hospital.

The Birmingham Women's Hospital Neonatal Unit is experienced at looking after premature babies born from just 23 weeks and some of the sickest babies nationwide.

Sorrento
Maternity
Hospital



Why use donor Breast Milk?

Research has demonstrated that feeding sick or premature babies breast milk reduces infection and other problems due to its special anti-infective properties; this increases their chances of survival and helps their long term development.

Unfortunately breast milk is not always available from a mother due to insufficient supply, maternal illness or geographical separation from the baby. Using donor breast milk is a safe alternative as many checks are in place to screen donor mothers and donor breast milk.

We understand having a new baby is a busy time but if you can donate its very much appreciated and you will be offered support and advice during this period.

Who can donate Breast Milk?

Mothers who have established breast feeding with their own baby and find they have surplus milk to their baby's requirements. Enrolment as a donor must be before your baby is 4 months old. You can continue to donate until your baby is 6 months old. The self assessment questionnaire on page 6 provides further information.

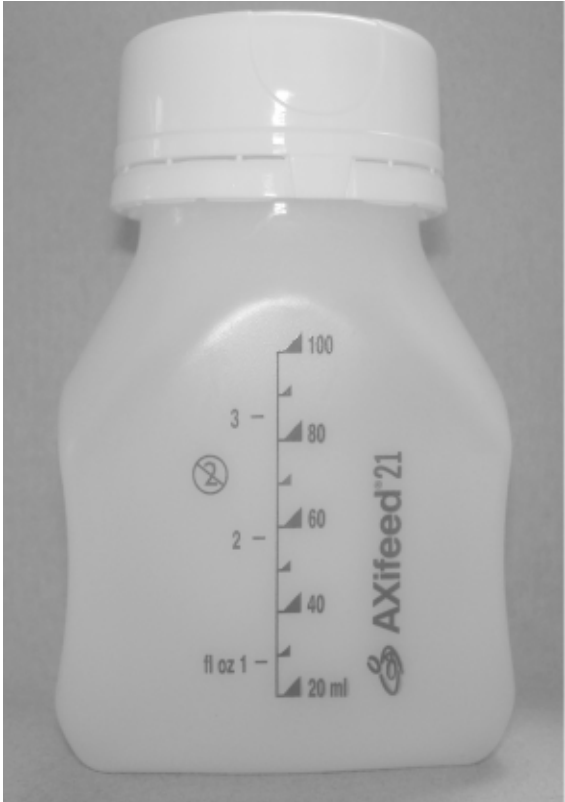
This may not seem a long time to donate breast milk but you would be surprised at the amount some of our mothers have donated.

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.

Milk banking incurs expenses therefore mothers are asked to donate a minimum of 20 bottles to justify this cost. The bottles are 100ml or 4fl oz in size. One bottle of donor breast milk could feed up to 5 premature or sick babies for the day.

Life size image of a Donor Milk Bottle





CAN I BECOME A DONOR?

Self Assessment Questionnaire

Please read this carefully and answer the following questions. If you have any queries please contact the Milk Bank for advice (details on page 15)

If you answer yes to any of the following questions unfortunately you will be unable to donate your breast milk.

QUESTION	✓ appropriate	
	YES	NO
Do you currently smoke or use Nicotine Replacement Therapy (NRT)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you regularly exceed recommended alcohol levels for breastfeeding mothers (1-2 units, once or twice a week)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use or have recently used recreational drugs	<input type="checkbox"/>	<input type="checkbox"/>
Have you previously tested positive for HIV 1 or 2, Hepatitis B or C, Human T-lymphotropic virus (HTLV) type I or II or Syphilis	<input type="checkbox"/>	<input type="checkbox"/>
Have you been informed you are at an increased risk of Creutzfeldt-Jacob disease (CJD)?	<input type="checkbox"/>	<input type="checkbox"/>



If you answer yes to the following questions you will need to talk to the Milk Bank staff to discuss your individual circumstances because although a mother's milk is ideal for her own baby, extra care needs to be taken with sick or premature babies.

QUESTION	✓ appropriate	
	YES	NO
Diet - Are you on a strict exclusion diet (e.g. A Vegan without additional vitamin supplementation)	<input type="checkbox"/>	<input type="checkbox"/>
Caffeine - Do you regularly drink 3 cups of caffeinated coffee per day or other caffeinated drinks (e.g. cola, sports drinks, red bull)	<input type="checkbox"/>	<input type="checkbox"/>
Passive smoke - Are you exposed to high or sustained levels (e.g. other members of your household smoke heavily)	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Medication are you taking any medication or undergoing therapy	<input type="checkbox"/>	<input type="checkbox"/>
Environment or Chemical exposure - Are you exposed to high or sustained levels of environmental or chemical contaminants (e.g. some types of factory employees)	<input type="checkbox"/>	<input type="checkbox"/>
In the last 12 months have you had: <ul style="list-style-type: none">• Body piercing• Tattoo/s• A Blood Transfusion• Acupuncture (non NHS)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Once you have answered all the questions and would like to enrol as a donor please complete the form on page 8. Cut page 5/6 and 7/8 out of the booklet and return to the Milk Bank. Details can be found on page 15.



Enrolment Form

I want to enrol as a donor for the Birmingham Women's Milk Bank.

Name

Date of Birth

Address

Contact Telephone Number

NHS Number

By completing this form I am confirming I have read and understood the information booklet and I have had the opportunity to ask questions.

I consent to my Donor Breast Milk being used as stated in this booklet.

Signature

Date

I CAN BECOME A DONOR, WHAT HAPPENS NEXT?

Contact the Milk Bank

We need to maintain records of donor mothers and donor milk carefully so you will be asked to provide the following information:

- NHS Number
- Personal Details
- Contact Details
- Medical History

Your information is kept private and confidential at all times 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.

Occasionally we would like to provide donor mothers with updated information about the Milk Bank. Please inform the Milk Bank staff if you would not like to receive this information.

You will be provided with the following:

- Sterilised bottles, labels and instructions.
- Freezer thermometer (if required), and temperature tracking sheets.

When you have collected at least 20 bottles of breast milk it will be necessary for a blood test to be performed. This can either be done at the milk bank or via your GP. Although you will have had tests done through antenatal appointments the Milk Bank have to maintain records of their own.

The tests are for:

- HIV (Human Immunodeficiency Virus) 1 and 2.
- Hepatitis B or C.
- HTLV (Human T-Lymphotropic Virus) I or II.
- Syphilis.

HOW TO EXPRESS AND STORE YOUR BREAST MILK SAFELY

Cleaning of Equipment

Separate all expression kit parts prior to cleaning. Equipment should be cleaned using hot soapy water and rinsed in clear water before placing it in your chosen method of sterilisation.

Personal Hygiene

All bottles received are tested for contamination. Prior to taking your equipment from the steriliser wash your hands thoroughly. The picture on page 11 shows the recommended NHS standard hand washing technique.

Care also needs to be taken to ensure your breasts are clean prior to expression. **The recommended advice is:**

- Shower daily using a separate clean cloth to wash the breasts.
- Use a clean dry towel to dry the breast area first.
- Wear a well fitting supporting bra, which should be changed daily.
- Change breast pads frequently.

Expressing your Breast Milk

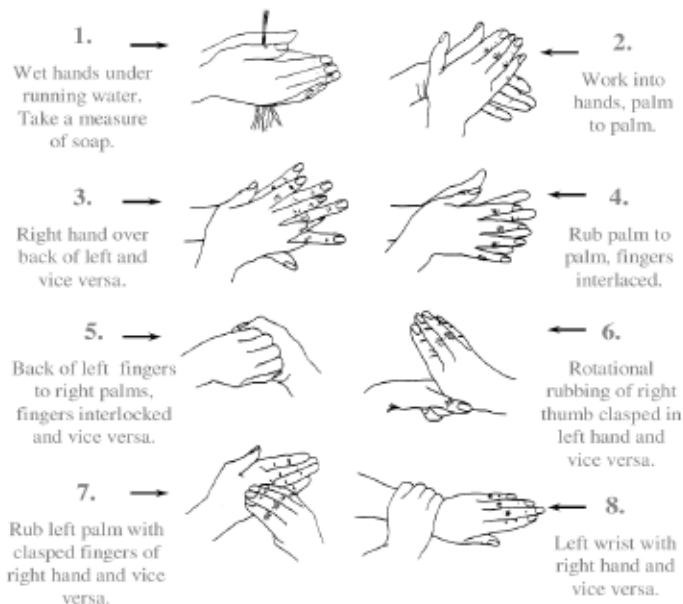
Donors should freeze and store breast milk using one of the following methods:

- Freeze immediately after each expression - you may find you use more bottles and more storage space using this method.
- Top up breast milk bottles until the end of the day if unable to express a full bottle each time - this will use less bottles and storage space. Bottles must be frozen within 24 hours.

PLEASE NOTE: In order to avoid contaminating the breast milk when topping up please follow the recommended hand washing technique as shown below before opening bottles.

Wash hands using the following 8 steps.

Each step consists of five strokes rubbing backwards and forwards.



Rinse hands under running water and dry thoroughly

West Midlands Regional Group of the Infection Control Nurses Association

Labelling your Breast Milk

You will be provided with labels for each bottle. After expression you need to complete one of these with your name and the date you expressed the milk and then tie the label to the bottle.

Storage

Donor breast milk can only be accepted by the Milk Bank in the sterilised bottles provided. If you are running low on bottles inform the Milk Bank immediately and they will send you some more.

Your breast milk can be stored in a domestic freezer for up to 3 months. The temperature of your freezer must be maintained at minus 18°C or lower to ensure the milk is stored in the best possible conditions. If your freezer does not have a digital temperature display the Milk Bank can provide you with a thermometer. You will be asked to track the temperature of your freezer using tracking sheets.

I HAVE BOTTLES READY FOR THE MILK BANK, WHAT HAPPENS NOW?

When transporting the donor breast milk to the Milk Bank the following guidelines must be observed.

Transportation by mothers or representative

Contact the Milk Bank to arrange a suitable time for you or your representative to deliver your donor breast milk.

- Transfer your breast milk bottles into a cool bag or box and place a frozen ice block on top (and underneath if possible) to keep them cold during the journey. Milk Bank staff will advise how best to do this based on your personal circumstances e.g. how long your journey will take, distance etc.
- When you arrive at the hospital contact the Milk Bank via telephone or main reception and a member of staff will meet you to take collection of your donor breast milk.

Collection by volunteer driver

A volunteer driver is available on certain dates to collect from mothers who fit the criteria. This is based on individual circumstances i.e. distance from Milk Bank, transport etc. and will be discussed with you when you contact the Milk Bank.

WHAT HAPPENS TO THE MILK I HAVE DONATED?

Supply to sick and premature babies

Although your donor milk is freely donated, the Milk Bank sell donor milk to many Neonatal Units across the West Midlands and the UK who do not have a Milk Bank. **Some of the hospitals we provide for are:**

Birmingham Children's Hospital, Russell's Hall Hospital, City Hospital, Sandwell Hospital, University Hospital Cardiff and many more.

This charge helps to fund the Milk Bank's running costs which include recruitment and screening, through to the testing, pasteurisation and storage of the Donor Milk.

Your Donor Milk could travel a great distance to feed many babies and make a huge difference to their survival.

WHAT SUPPORT CAN I EXPECT AS A DONOR?

From the Milk Bank staff

The Milk Bank staff will contact you every couple of weeks to see how progress is being made. The staff will ask general questions about the health of you and your baby and if you require any more bottles.

However, please contact the Milk Bank before this if you have any questions, concerns or just want to talk.

Out of hours questions/ concerns

If the Milk Bank staff are unavailable please leave a message on the answer machine and you will be contacted upon their return.

The Milk Bank opening hours are on page 15

FREQUENTLY ASKED QUESTIONS?

I am not sure about a question on the self assessment questionnaire?

Contact the Milk Bank staff who will talk through the questions and what they mean.

Why can I only donate breast milk until my baby is 6 months old?

This is because the breast milk from a mother with a younger baby is more suitable for premature or sick babies especially if they are receiving donor breast milk for more than a few days.

Who receives the donated breast milk?

The donated breast milk is used for sick and premature babies at the Birmingham Women's Hospital Neonatal Unit , Neonatal Units across the West Midlands and the rest of the UK.

I am on medication, can I still donate?

Certain medications may not be suitable for premature and sick babies to receive via breast milk. Please contact the Milk Bank to discuss individual circumstances.

COMMENTS FROM DONOR MOTHERS

"As a midwife I know the importance of being able to provide sick and premature babies with breast milk and now as a mum I've been able to put the theory into practice"

Pauline Hewitt - Gloucester

"It was difficult to find the time but knowing how much the milk is needed and experiencing how much it is appreciated was worth every minute - every drop"

Sally Hunt - Birmingham

MILK BANK CONTACT DETAILS

Staff are happy to answer any questions you may have.

Milk Bank
Birmingham Women's Hospital
Metchely Park Road
Edgbaston
Birmingham
B15 2TG

Tel: 0121 472 1377 ext 4040

Visit the Milk Bank web page under the Services section at:-
www.bwcht.nhs.uk/

Opening Hours

Monday - Friday: 8.00am - 4.00pm

If you contact the Milk Bank out of hours please leave a message on the answer machine and you will be contacted as soon as possible.

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: info@ukamb.org

