

# How Can I Donate My Milk?

## Three fast, and easy steps can save a life.

Chances are, if you can donate blood, you can donate milk.

1. Call 1-877-375-6645 for a brief phone screening.
2. Complete and return a medical screening form.
3. Take a free blood test.

If you need support or guidance, our Donor Coordinators are here to help you.

Thank you for providing your precious gift of breastmilk to help save lives!

The San Jose Mothers' Milk Bank provides donated milk to the most vulnerable infants. As a non profit organization, we help establish standards that assure the safety and well-being of both the moms and babies who we serve. These standards have been adopted by HMBANA.

Based in San Jose, we collect and distribute in 13 states in the Western US, Hawaii, Alaska and Maryland.

“I don't take for granted all the benefits that my girls have received from donor breastmilk.”

– Recipient Mother of a Premature Baby

## Mothers' Milk Bank

1887 Monterey Road Suite 110  
San Jose, CA 95112  
Phone: 1-877-375-6645  
Fax: 1-408-297-9208  
[www.mothersmilk.org](http://www.mothersmilk.org)



# Lactation Support After the Loss of Your Baby

Healing through giving.



## Your Precious Breastmilk

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Giving birth stimulates hormones that tell your body to make milk. Whether your milk is just coming in or you have been producing milk for a while, you now have choices to make.

Expressing milk tells your body to continue to produce milk. Doing nothing to stimulate your breasts will send a message to your body to stop producing milk, and your milk supply will go away.

Choosing to donate your milk can help a medically fragile baby thrive. Every quarter of an ounce helps save a life.

Mothers report great satisfaction donating their milk to non-profit milk banks in honor of their baby. Your milk helps infants in need whose own mothers cannot provide their own milk.

Donation through the San Jose Mothers' Milk Bank is safe and accredited through the Human Milk Banking Association of North America (HMBANA). Mothers' Milk Bank is registered by the Food and Drug Administration (FDA). The SJ MMB has been a licensed tissue bank since 1986 in California and Maryland.

## Expressing Breastmilk

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Early and frequent stimulation to the breast can help build your milk supply. Expressing milk can be easily done by hand expression, using a manual or an electric breast pump.

Massaging and pumping every 2-3 hours in the daytime and at least once at night can give you the best results. However, we encourage you to express milk to your comfort level.

If you are in need of breastmilk bags, please call us. We are here for you. The Mothers' Milk Bank can also help you with the referral process to obtain your own manual or electric breast pump.

## How To Safely Store Breastmilk

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The Human Milk Banking Association of North America (HMBANA) recommends:

1. After expressing milk seal the collecting storage milk bag or bottle.
2. Label with the date, time, and immediately place the milk in a freezer or cooler with ice packs. The milk can be stored in the refrigerator for maximum of two days, prior to freezing.
3. Time in freezer at -18 C for one month.

## Suppressing Breastmilk

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Your milk supply will decrease if you do not stimulate your breasts. This may take a few days. Even if you have already began pumping, and you have now decided to suppress your milk, you will naturally stop producing when you stop pumping. If your milk is in, it will be safer and more comfortable to do this gradually. You can begin by pumping less often.

While your milk is drying up, you may feel some discomfort and may leak. You can use nursing pads for absorption.

Binding the breast (wrapping breast tightly) to suppress milk is not recommended and can cause plugged milk ducts and breast infections. Wear a bra that is comfortable (not too tight).

If you experience difficulty suppressing or expressing your milk, contact your healthcare provider or lactation consultant.

“The most beautiful way we honored our daughter Olivia was to donate breastmilk to preemies in the NICU. It helped bring healing in our journey of grief.”

– Farrah Coloma, mom to angel Olivia Hope Coloma