

Milk Donor Pre-Screening Information Mother's Milk Bank of Iowa

How can you make a difference?

Become a milk donor! Milk donors are always in high demand!

According to Best Practice for Expressing, Storing, and Handling Human Milk, 2019¹, less than 1% of possible donors apply to donate to not-for-profit milk banks, like the Mother's Milk Bank of Iowa.

Why donate your surplus milk to the Mother's Milk Bank of Iowa?

Because we need you! And, so do the babies we serve!

If you have the gift of surplus milk, by donating it to the Mother's Milk Bank of Iowa, you are helping other babies (many who are vulnerable, fragile, sick, born prematurely), satisfying their hunger and saving their lives.

In 2023, 74% of the milk donated to the Iowa milk bank was dispensed to 44 hospitals. The other 26% went to outpatient families. Your donation is valuable beyond words and vital to the health and well-being of babies across the nation.

Contact us at once if you meet the following requirements:

The screening process is started after your baby is born and at your convenience. The milk bank pays for the screening costs. Milk donors receive no compensation. We ask for a minimum of 200 ounces of milk over the entire time of lactation. There is no minimum for bereaved donors. You decide when and how often you deliver/ship your donations. If you have surplus milk stored during the 1st weeks of lactation, your baby should receive it.

Each pumping (done at home or elsewhere) can be promptly frozen. We prefer this. If your milk has been refrigerated for more than 72 hours, please discuss with the milk bank. We can receive milk pumped at different times during the day and then combined as long as all of it is chilled. We cannot receive freshly pumped warm milk that is combined with chilled. We cannot accept milk that has been heat-treated in any way. Drip milk (collected in breast shells between feeds or dripped during a feed) is not accepted. It has been found to have 50% less fat content than expressed milk¹. When you consume alcohol, we ask that you wait at least 12 hours thereafter to donate.

Clean milk collection is essential. "Milk with lower bacterial counts retains higher protein levels during storage. Careful hygiene results in a lower microbial load in the milk and provides a safer, more optimal product for feeding infants."¹ **Wash your hands before pumping and thoroughly clean the pump parts after each use, otherwise they could become a breeding ground for bacteria. Rinse the pump pieces that touch the milk with warm water, wash in a clean bowl containing hot soapy water (or hold the parts with clean hands, don't place in the sink) and rinse well with hot water after each use. We cannot accept milk that has been pumped with soiled pump parts that were stored in the refrigerator between pumpings.**

Milk is stored frozen. Milk that is already stored (for up to **5-6 months**) in breast milk storage bags/containers can be donated if the donor qualifies. Discuss donating older milk with the milk bank. We cannot accept milk that isn't dated. We provide breastmilk storage bags for future donations.

The main reason we're not able to take stored milk is that you were on medication and cannot identify when you took it. Deferral periods vary during temporary use of certain medications. Check with the milk bank about the wait time. Some medications are approved for donation (Ibuprofen, Tylenol, nasal sprays, topical treatments and a few more).

Milk donor screening has 3 steps:

- Verbal interview
- Written questionnaire including a form for your health care provider
- Blood testing for HIV, hepatitis B and C, HTLV, syphilis (The milk bank sends you the blood kit, blood tubes, labels, etc. which you'll take to a local lab to have your blood drawn. It is then sent to the Memorial Blood Center. They will analyze it and send us the results. The milk bank will contact you thereafter with your results).

If you meet these requirements, please email Heidi Baudhuin (Heidi-Baudhuin@uiowa.edu) to schedule the verbal screening. It takes ~15 minutes.

¹Jones, F. Best Practice for Expressing, Storing, and Handling Human Milk. 4th ed. HMBANA, 2019.

Instructions for Collecting Donor Milk for the Mother's Milk Bank of Iowa 319-384-9930

Thank you for being a milk donor for the babies (predominantly preemies) served by the Mother's Milk Bank of Iowa. Your milk is the medicine they need to improve their immunity, protect them and at the same time it provides essential nutrients for their growth and development. Please read the instructions for collecting your milk to donate below, we just can't be too careful.

Hand hygiene



Clean milk collection is essential. Always wash your hands with soap and warm water for 15-20 seconds and scrub under and around finger nails before expressing/pumping milk or handling/using your pump. Dry with a single use paper towel. Bar soap should be placed on a soap rack so that it will dry between uses. Electronic devices, including laptops and cell phones, are loaded with bacteria. Using them while pumping can contaminate your hands and what you touch. Follow manufacturer's instructions to disinfect your devices.

Cleaning your pump parts



It is critical that you thoroughly clean (and dry) the pump parts promptly after **each** use, otherwise they could become a breeding ground for bacteria. **Do NOT put the soiled pump parts in a bag in the refrigerator and use again for the next pumping.** Rinse the pump pieces that touch the milk with warm water, wash them in a clean bowl (dedicated only for this purpose) containing hot soapy water (or hold the parts and wash with clean hands, don't place in the sink, it is full of bacteria) and rinse well with hot water after each use. Do not leave parts to soak in the bowl. Dry parts on a clean paper towel and store them covered between uses in a clean container with lid (dedicated only for this purpose). Inspect tubing for moisture after each use and discard if milk, mold or fluid is present.

After pumping

Pour the milk into the sterile breastmilk bag we provide. Do not touch the inside of the bag with your fingers. On the label write your donor number, date pumped and amount. Use a new breastmilk bag each time. Place immediately in the freezer or refrigerate and then freeze within 24-72 hours.