

## How it works - continued

### Express and freeze:

- Cool milk in the fridge for 4-12 hours before freezing.
- Label each bottle with your name, donor number, and date.
- Fill only to the 100ml line to allow for expansion when frozen.

**Blood test:** Please note that all donors are required to get a blood sample taken. A blood kit and virology request form are provided along with your donor pack. Your blood sample is required to be taken during the week before collection. Please speak to your local hospital's neonatal staff or infant feeding specialist who can oblige with taking this blood sample. Your blood sample can be stored in your fridge at home until collection. The Milk Bank will answer any other questions you have about this blood sample.

**Collection:** When ready, contact the Milk Bank to arrange collection from your local hospital or your home. You'll have up to 3 months to fill your donation pack. The blood sample will also be collected at this time.

## Contact the Human Milk Bank

### South West Acute Hospital

124 Irvinestown Road, Enniskillen,  
Co. Fermanagh, BT74 6DN

(048) 6862 8333

[tmb.swah@westerntrust.hscni.net](mailto:tmb.swah@westerntrust.hscni.net)



# Human Milk Bank

## Patient Information Leaflet

Every contribution matters.  
No amount is too small.



A cross-border initiative serving the island of Ireland.

# The Gift of Breast Milk

Your breast milk  
is their miracle.



## Breast milk is the best start for every baby

The best start for all babies is their own mother's breast milk when available.

Mother's milk is incredibly precious. By donating surplus milk, breastfeeding mothers help make sure there is enough donor milk for every baby who might need it.

When a mother's own breast milk is becoming established, pasteurised donor breast milk from the Human Milk Bank is used as a bridge until her own supply becomes enough to meet the baby's needs.

## What Is "The Gift of Breast Milk"?

Every drop you share is a drop of hope.

Your donated breast milk can help premature and sick babies and give mothers of premature or sick babies time and confidence to build their own milk supply, knowing their baby is able to receive the benefits of human milk during this critical period.

## Why donate milk?

- You will support vulnerable babies in neonatal units across Ireland.
- You will bring comfort to families, knowing their baby is receiving the next best thing to their own mother's milk.
- You will give mothers of premature or sick babies valuable time to build their milk supply while donor milk supports their baby's early growth.
- You will create a community of mothers helping mothers.
- You will prevent shortages - every donation helps ensure there is enough milk available for all babies who need it.

***"From one mother's heart to another - your gift of milk can help a premature or sick baby grow strong."***

## Who can donate?

You may be able to donate if you:

- Are healthy, non-smoking, and feel well.
- Are within alcohol guidelines (max 1–2 units twice weekly).
- Limit coffee to 2 cups a day.
- Have not received a blood or plasma transfusion.
- Do not smoke, vape or use nicotine replacement therapy.
- Are not taking placenta capsules.
- Have never injected illegal drugs.

Speak to the Milk Bank about any **medication** — some are acceptable.

Also speak to the Milk Bank about any **travel** within the past 12 months – this is in relation to countries at risk of Zika or Malaria.

## How it works

**Apply** – Contact the Human Milk Bank to register your interest. You'll receive a Donor Record Sheet to complete and return.

**Get started** – Choose a Starter Pack (15 bottles) or Donor Pack (30 bottles) with bottles, thermometer, and supplies.

*Continues overleaf.*