

Finding a Donor

If you want to use unpasteurised donor milk, the responsibility to find a donor and make arrangements with the donor, including screening and blood tests remains yours.

Handling Donor Breastmilk

The milk you receive must be as fresh as possible. It is advisable that the breastmilk is frozen and that it remains frozen while it is being transported between your donor and yourself. Both you and your donor should follow strict hygiene guidelines for handling, storing and feeding unpasteurised milk to reduce contamination risks.

Using Donor Breastmilk in Health New Zealand [Te Whatu Ora Canterbury Waitaha Facilities

Although our staff will support your informed decision to use unpasteurised donor milk, they are not responsible for facilitating screening for the donor, organising transport of the unpasteurised donor milk or for completing the consent process with you.

This is an arrangement between you, your donor, and your LMC.

- » It is up to you and your LMC to ensure that donor health screening and/or blood screening are completed.
- » Any donor milk brought onto, and stored at, our premises needs to be named with the date and time of expression.
- » Your LMC will provide you with the information required for you to make an informed decision. You will sign a consent form with your LMC, which will be filed in the clinical notes of your pēpi.
- » Donor milk labels can be provided for safe storage in the milk freezer/refrigerator.

- » Health New Zealand does not recommend the use of unscreened, unpasteurised milk from an unknown donor.

Alternatives to Unpasteurised Donor Milk - Pasteurised Donor Milk (PDM)

PDM is only available for inpatients in NICU and maternity ward for those that meet very strict criteria. The availability of PDM on maternity ward is not guaranteed.

PDM may be available as a short-term option from the Rotary Milk Bank in Canterbury, to support continued exclusive breastfeeding while parents continue to work on building their own milk supply.

Infant formula is formulated to provide complete nutrition and is an alternative if breast milk is not available or suitable. Use of infant formula also requires your informed consent.

For more information:

- » <https://eatsonfeets.org/>
- » Rotary Community Breast Milk Bank
Phone: 03 3756281
email: rotaryc9@gmail.com
website: www.themilkbank.nz
- » Discuss with your LMC or a Lactation Consultant

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Breastmilk Sharing: Recipient

What you need to know
as a recipient

Health New Zealand
Te Whatu Ora

Sharing Breastmilk

What you need to know as a recipient

Some parents may have a delay in producing their own breastmilk or initially have a low breastmilk supply. In this situation, some parents would like to give their pēpi (baby) donated breastmilk rather than infant formula while they work on increasing their own supply.

- » It's essential to understand the risks and benefits associated with unpasteurised donor milk to make an informed decision.
- » If your pēpi is premature or unwell, it is recommended that the breastmilk you receive comes from a parent with a pēpi of a similar age to yours.
- » Donors should be exclusively breastfeeding their own pēpi as a first priority, and only donate breastmilk which is surplus to the needs of their pēpi.

Precautions

Donated Breastmilk has many health benefits and can also contain viruses or traces of medicines which have the potential to cause illness in your pēpi.

It is reasonable to ask if the donor you are receiving breastmilk from has completed a health screen and blood tests to exclude potential risks to your baby.

There is a cost associated with the blood tests that can be organised through a GP or LMC.

Recommended blood tests for breastmilk donors are:

- » HIV 1 and 2 antibodies
- » Human T cell Lymphotropic virus 1 and 2 (HTLV I&II)

- » Hepatitis C antibodies
- » Hepatitis B core anti body
- » Syphilis antibody
- » Cytomegalovirus Polymerase Chain Reaction (PCR) and antibodies

The test results belong to the donor. You can ask for confirmation that all tests are negative. If the donor does not wish to have blood tests or does not want to share the results, it is your decision whether to accept breastmilk from this donor or not.

The main differences between unpasteurised or pasteurised donor milk.

Pasteurised donor milk.

Milk banks only accept milk from donors who have completed a health screen and blood tests.

Pasteurised donor milk is tested for viruses and bacteria and undergoes pasteurisation, a gentle heat treatment process that kills some bacteria and viruses.

Pasteurisation also either partially or entirely inactivates some protective and living components of breastmilk, yet, 95% of what was in the raw breastmilk remains.

Unpasteurised donor milk.

Unpasteurised donor milk, also known as raw milk, is breast milk that is not tested for viruses and bacteria and has not undergone pasteurisation.

Milk may come from either a known, or unknown donor. Donors may have had a health screen and blood tests (screened) or may not have had a health screen and blood tests (unscreened).

Pasteurised donor milk, and screened unpasteurised donor milk are considered safer,

therefore Health New Zealand | Te Whatu Ora Canterbury Waitaha, does not recommend the use of unscreened, unpasteurised donor milk.

If you choose to use unpasteurised donor milk, it is best to ensure it comes from a trusted source that provides screening information about the donor's health and the donor follows safe handling practices.

Donor health & lifestyle screening and blood testing

If your breastmilk donor answers yes to any of the questions below, then they may not be a suitable breastmilk donor, and further advice should be sought from your LMC.

Your LMC can discuss this with the Human Milk Bank Manager to best understand the implications so that you can provide your informed consent.

- » Are you currently unwell or suffer poor health?
- » Are you taking any medications?
- » Do you use any recreational drugs?
- » Do you smoke or drink alcohol?
- » Have you had a blood transfusion in the past 12 months?
- » Have you ever received an organ transplant?
- » Are you vegan and do not take B12 supplements?
- » Have you had a tattoo or similar procedure in the past year?

It is very important that breastmilk donors do not feel pressured to donate breastmilk, and that their decisions are respected. Donating breastmilk must not become a burden for the donating parent and whānau. It is acceptable for the donating parent to cease offering breastmilk donations at any time.