

Other Information

- » To facilitate donor breastmilk tracking, it is important that your NHI number is included in the recipient's medical notes
- » your consent is required to action this. No other information regarding you is required for the recipients file.
- » If you consent to donate your breastmilk, you will be provided with information about how to collect, label, store and transport your breastmilk safely. The recipient is relying on you to comply with the hygiene requirements for the collection of donor breastmilk.
- » You will be required to complete a donor breastmilk card **with every donation**. These will be given to you when you consent to donate your breastmilk.
- » Please advise the person facilitating your human milk donation if there are any changes to your health.
- » You can stop donating breastmilk at any time without needing to provide a reason.
- » You will not receive any personal information about who receives your breastmilk.

Bibliography

Robyn Noble, DMLT,BAppSc(MedSc),IBCLC
Guidelines for Establishment and Operation of HMBs in UK.

Frances Jones, Mary Rose Tully, (2006) Best Practice for Expressing, Storing and Handling of HM. 2nd Edition.

Ministry of Health (2008) Expressing breast milk and storing expressed breast milk.

Adapted from Capital and Coast District Health Board for CDHB.

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



Breastmilk Sharing: Donor

What you need to know as a breastmilk donor

Sharing Breastmilk

What you need to know as a breastmilk donor

A breastmilk donor is a māmā/parent donating breastmilk that is surplus to the requirements of their own thriving pēpi (baby) for use by another whānau.

- » 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 donated breastmilk rather than infant formula while they work on increasing their own supply.
- » It is important that both the donor and the recipient understand the risks and benefits associated with use of unpasteurised donor-milk so they can make an informed decision about donating and using unpasteurised donor milk.

You may also be able to donate your breastmilk to the Human Milk Bank at Christchurch Women's Hospital or to the Rotary Community Breast Milk Bank. For further information:

Rotary Community Breast Milk Bank
email: rotaryc9@gmail.com
PH: 03 375 6281
Website: www.themilkbank.nz

Christchurch Women's Hospital,
Neonatal Unit
Human Milk Bank
PH: 03 3644344 (office hours only)
email: milkbankdnicu@cdhb.health.nz

Precautions and Screening

Human breastmilk is a bodily substance and may contain bacteria and viruses that can be transmitted to pēpi. Certain medications and substances such as nicotine (from cigarette smoking and some vape products) and alcohol may also pass into breastmilk.

With your consent, a **Donor Health Screen and blood tests** will be facilitated by a midwife/LMC or other health professional to ensure it is suitable for you to donate your breastmilk. Your GP will have access to these results. There is a cost associated with these blood tests. These costs may be covered if donating to a breastmilk bank.

If you answer 'yes' to any of the following questions, please discuss with a health professional as it may not be suitable for you to donate your breastmilk.

- » Are you currently unwell or suffer poor health?
- » Are you taking any medications?
- » Do you use any recreational drugs?
- » Do you smoke, vape, or drink alcohol?
- » Have you had a blood transfusion in the past 12 months?
- » Have you 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?

More comprehensive health and lifestyle screening will be completed by the healthcare provider supporting your donation before you donate.

Once the health screen is completed, the health professional you are dealing with will organise blood tests as follows:

- » There is a cost associated with these blood tests.
- » Serological testing of HIV 1 & 2
- » Hepatitis B & C
- » Cytomegalovirus: Both IgG (previous infection) and IgM (recent infection) need to be negative to be a suitable human milk donor without pasteurisation.
- » Syphilis
- » Human T-cell Lymphotropic virus 1&2 (HTLV 1&2) are only able to be tested at Canterbury Health Laboratories and are batch-tested once a week.

You will be notified of your blood test results. Should your test results indicate any potential issues, your breastmilk may not be suitable for use as unpasteurised donor milk. The health professional responsible for organising and facilitating this screening will let you know why and provide appropriate counselling.

Your blood screening results will be viewed and documented onto your completed health screen (Ref.2401147) Any paper copies will be sent to clinical records to be filed in your notes along with your signed consent form.

In addition, a copy will be kept by maternity facility staff for the duration of the time your donated human milk is being used.