



Oxford University Hospitals
NHS Foundation Trust

Donating breastmilk to the Oxford Human Milk Bank



Women's Centre

Thank you for considering donating your breastmilk to our Milk Bank at this difficult time.

If you decide to donate your milk we are here to support you.

Starting or continuing to express your breastmilk is an option at this difficult time.

Donated breastmilk is used to feed sick and premature babies on the Neonatal (newborn) Care Unit. Expressing your breastmilk can be done for a short or long time.

Expressing milk can be done either by hand or with the help of a pump. Early stimulation of your breasts will help build up a good milk supply.

Expressing eight times a day will give you the best results. If you already have a milk supply, continue expressing as often as is comfortable for you.

If you are experiencing difficulties suppressing your milk, please contact your midwife.

We will ask you to complete a health / lifestyle questionnaire to check that any medication you may be taking is compatible with donation.

You will also need to have a sample of blood taken. This can all be done before you leave hospital if you wish.

All donors are tested for HIV Ab/Ag, HTLV 1-2, Hepatitis B, Hepatitis C and Syphilis; you will be informed of your results within approximately one week.

These organisations can provide support:

www.sands.org.uk

www.childbereavementuk.org

Please contact the Oxford Human Milk Bank Manager to discuss the donor recruitment process: Telephone: **01865 225 507**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

We would like to thank the Oxfordshire Maternity and Neonatal Voices Partnership for their contribution in the development of this leaflet.

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www.ouh.nhs.uk/information



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