

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 cool while it is being transported between your donor and yourself. Your donor should be especially careful to wash her hands thoroughly and sterilize any equipment she is using. Waitemata DHB staff can provide pottles for storing and transporting the breastmilk.

For further information, including about pasteurization:

www.eatsonfeetsresources.org

Discuss with your LMC and /or Lactation Consultant

Further reading

The World Health Organisation Global Strategy for Infant and Young Child Feeding

<http://whqlibdoc.who.int/publications/2003/9241562218.pdf>



Sharing Breastmilk

What you need to know

Sharing breastmilk

Some mothers may have a delay in producing their own breastmilk or initially have a low breastmilk supply. Some women in this situation would like to give their baby donated breastmilk rather than infant formula.

If your baby is premature or unwell it is recommended that the breastmilk you receive comes from a mother with a baby of a similar age to yours.

Precautions for donated breastmilk

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

It is reasonable to ask your breastmilk donor to undergo some blood tests to exclude viruses that can be passed to your baby in their breastmilk.

These tests are available on request from their family doctor (GP). You may wish to support this process by offering to pay the GP's consultation fees.

The recommended blood tests for breastmilk donors are:

- HIV 1 and 2 antibodies
- Human T cell lymphotropic virus 1 and 2 antibodies
- Hepatitis C antibody
- Hepatitis B core antibody
- Syphilis antibody
- Cytomegalovirus PCR and antibodies.

The test results belong to the donor mother and you can ask for confirmation that the tests are negative. If your donor does not want to have blood tests or does not want to share the results it is your decision to go ahead or find another donor.

Donor screening questions

If your breastmilk donor answers YES to any of the below questions then they may not be a suitable breastmilk donor. If you have any questions please discuss them with a health professional.

	Yes	No
Are you currently unwell or suffer poor health?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking any medications?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use any recreational drugs?	<input type="checkbox"/>	<input type="checkbox"/>
Do you smoke or drink alcohol?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a blood transfusion in the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
Have you received an organ transplant?	<input type="checkbox"/>	<input type="checkbox"/>
Are you vegan and do not take B12 supplements?	<input type="checkbox"/>	<input type="checkbox"/>
Have you lived or travelled to the UK between 1980 and 1996 for a total of 6 months (risk of Creutzfeldt-Jacob Syndrome)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a tattoo or similar procedure in the past year?	<input type="checkbox"/>	<input type="checkbox"/>

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

Finding a donor

The responsibility to find a donor and make arrangements with the donor remains yours. Below are a couple of places to start looking.

Ask any friends or family/whanau who are breastfeeding infants of similar age.

Check the following facebook sites:

- Hm4hbnz (Human milk for human babies NZ)
- Piripoho Aotearoa (formerly eats on feets NZ)
- Mothers Milk NZ