



## Breastmilk Donor Information

Milk Matters is a breast milk bank in the Western Cape, devoted to saving the lives and improving the health of babies without access to their own mother's milk. We provide pasteurised donor breastmilk primarily to vulnerable premature babies in hospital, and also to some sick and HIV positive babies.

As a breastfeeding mother you will be aware of the superior nutritional and immune protective qualities of breastmilk, and have the satisfaction of knowing that your baby is enjoying optimum health, excellent growth and development.

Do you have the time to do a little extra for a vulnerable baby in hospital? As a breastmilk donor you can make a significant contribution to the well being of babies at risk.

### Frequently Asked Questions

#### Will I have enough milk to donate?

Remember, by expressing extra milk for another baby, you will not deprive your baby in any way – in fact, expressing increases milk supply.

#### How do I become a donor?

Contact us and we will ask you to fill in a short questionnaire regarding your medical history. All breastmilk donors are required to present a written, recent HIV test result. Long-term donors will be requested to repeat the HIV test. As an added safety precaution, donor breastmilk is always pasteurised.

#### What containers can I use?

Sterile glass jars with screw top lids are ideal and available from Milk Matters. Hard plastic sterilised containers with lids are acceptable. Please do not use ice cube trays or plastic bags. We are unable to guarantee that your containers will be returned. Containers need not be full but a new container must be used each time you express. Always leave plenty of headspace to allow room for expansion on freezing.

#### How do I clean and sterilise the containers?

The containers that you receive from our depots are sterile. Should you need to sterilise your own containers, wash the jars and lids in hot soapy water and rinse well, submerge in water in a saucepan and boil for 10 minutes. Sterilising solutions are not recommended.

#### How do I express milk?

Express by hand or with a pump, washing your hands well beforehand. Ensure the pump and container are washed and sterile.

#### How do I store breastmilk?

Please label the jars with the date and your name. Cool the milk at the back of the fridge before freezing within 24 hours. Masking tape is ideal for labelling the jars, but any removable sticker is fine. Please avoid writing on the jars or lids as we reuse them.

#### How do I get my donated milk to the milk bank?

Transport in a coolbox box with ice bricks to your nearest depot to ensure the milk remains frozen at all times. For details of your nearest depot, or to discuss alternative arrangements should it not be possible for you to go to a depot, please contact Milk Matters.

**For further information please contact**  
**Jenny Wright 083 771 6230**  
**Louise Goosen or Linda Glynn 021 659 5599**  
**info@milkmatters.org**