

How Can You Make It Happen?

If you are interested in becoming a breastmilk donor, contact the San Jose Mother's Milk Bank at 408.998.4550. An initial screening is done in 10 minutes over the phone. Once you pass the requirements and become a certified milk donor, you will receive the instructions on how to ship your milk to them.

Shipping your milk is simple and costs you nothing. Once you have collected at least 100 ounces of breastmilk and stored it in your freezer for no more than 3 months, you can call the Mother's Milk Bank. They will send a cooler to you in 2-3 days. All you have to do is pack it and ship it. The Mother's Milk Bank will cover the cost for shipping. You may also receive reimbursement for the bags or bottles you've used to store and ship the milk in.

Want To Learn More?

Breastmilk is a precious gift. If you are able to give and still need to learn more, speak with the lactation staff at the UCI Medical Center—Lactation Services. They are trained in this area and can help you make a decision that is best for you.

UCI Medical Center
Lactation Services
714.456.8433

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Your Breastmilk Can Make A Difference...

**Information on how to get your
extra breastmilk to babies that need it.**

UCI Medical Center
University of California, Irvine
A Passion for Care. The Power to Cure.

Orange County Breastfeeding Coalition
Good Health Begins With Breastfeeding



HUMAN
milk banking
ASSOCIATION OF NORTH AMERICA

MMB
MOTHERS'
MILK BANK

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Mother's Own Milk

There is nothing more perfect for your baby than your own breastmilk. Breastmilk by itself, without the need for any other foods, provides for your baby's nutritional needs for the first six months of life. Additionally, breastmilk helps to protect your baby from certain diseases and health conditions. It is the most complete and perfect food.

Pasteurized Donor Milk

For many reasons, a new mom may be unable to give her own milk to her baby. If this happens, she has several options. One of these options will be to provide her baby with pasteurized donor breastmilk (PDM) from a milk bank. This is milk that is collected from other breastfeeding moms. The donated breastmilk is heat-treated to kill germs or viruses in the milk. It is then shipped to the hospital and stored in a freezer until it is time to be used.

PDM has been used for many years with babies whose own mother cannot provide them with milk. In most cases, donor milk is used only for a short time—until the baby's own mother's milk supply is "in."

PDM is the next best option for a baby when mother's own milk is not available because it is perfectly matched to a baby's tummy. But in order to have PDM, a milk bank needs to have a safe and constant supply of breastmilk. The only way to maintain this precious supply is through very generous breastfeeding moms who pass the screening process and are able to donate at least 100 ounces of milk.

Common Questions

How hard is to become a breastmilk donor?

Not very hard at all. There is some personal time involved. You will be asked to complete a health history screening and have a blood test. When the screening is completed, and you are accepted as a donor, the MMB will make all the shipping arrangements for you.

Are there certain health conditions that may keep a likely donor from being able to donate her milk?

Yes. Women with specific health conditions and/ infections may not donate their milk. For example:

Women who have a history of chronic infections (like HIV, HTLV, active TB, hepatitis, herpes) or chronic health conditions like multiple sclerosis, or a history of cancer can not donate their milk.

Visit the San Jose Milk Bank to learn more about the screening process: www.milkbanksj.org.

Would a mom's use of certain medications keep her from being an accepted donor?

Yes. Certain medication use may disqualify a mother from donating even though the medication is fine for her baby. During the screening process, the mother can speak to the MMB staff to see if her milk would be accepted.

Do donors get paid for their milk?

No. The Mother's Milk Bank relies on the goodness of moms who voluntarily give their milk. However, a donor can be reimbursed for the same number of bags or containers sent to the milk bank. Also, if the donor can show proof that she is donating her milk to the milk bank, she can receive a tax deduction for all of her supplies and travel related to being a donor.

How will my milk be used?

In California, milk is sent to the tiniest of premature infants, babies, and toddlers who are failing to thrive, have life-threatening diseases or conditions, and children who have failing immune systems or chronic disease. A small amount goes to adopted babies or to babies whose own mothers can not provide their own breastmilk.