

WHAT IF I WANT TO DONATE MY MILK?

You could save a life.

If you pump and store your milk, you may be able to donate to help save a fragile infant's life.



Donating through a non-profit milk bank is a safe way to share your milk, according to the FDA.

If you choose to donate your pumped milk, contact Mothers' Milk Bank of North Texas at 817-810-0071. They will take you through these easy steps:

- Complete a 5-10 minute phone screening
- Complete & return an information packet
- Have a blood test done

All costs for screening and processing your milk are covered by the milk bank.

You can donate milk you have collected before and during the screening process.

Once approved, you are able to drop off or ship your milk.

We are deeply sorry for your loss.

Carmen's Tree is a memorial at Mothers' Milk Bank of North Texas. It is named after the first baby whose mother donated milk in memory of her child. Each leaf on the tree includes the name and birthday of each baby whose mom donated in their honor. To learn more, visit www.texasmilkbank.org/bereavement



Mothers' Milk Bank
— OF NORTH TEXAS —

Mothers' Milk Bank of North Texas is a non-profit organization whose mission is to accept, pasteurize, and dispense donor human milk to premature and critically ill infants.

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LACTATION SUPPORT

After the loss of your baby



WHY AM I STILL PRODUCING MILK AFTER THE LOSS OF MY BABY?

The birth of your baby stimulates hormones that tell your body to make milk.

Milk usually becomes abundant 3-5 days after a baby is born. Your breasts will feel fuller and may leak milk. You may feel like you have a fever, but everyone experiences this process differently.

Whether your milk is just becoming abundant or you have been making milk for a while, you now have some choices to make.

Stimulating your breasts will tell your body to keep making milk. This milk can be expressed either by hand or with help from a pump.

Doing nothing to stimulate your breasts will send the message to your body to stop making milk and your milk supply will go away.

Giving Life Back One Drop at a Time

What a *blessing* it has been for me to donate milk. I never thought that through the loss of my baby girl, Mia, that I could feel this blessed to *give to another baby in need*. I'm grateful to your organization for allowing me to give you "Mia's milk." This is the most *selfless act* I feel that I have ever done and I pray that I can encourage other mothers to donate.
—Mom to Angel Mia, Stacy Hastings

I WANT TO EXPRESS MY MILK

Milk you express may be donated in honor of your baby. Donating your milk to a non-profit milk bank is a generous and compassionate act.

Milk donated to Mothers' Milk Bank of North Texas is used to feed sick and premature infants whose mothers cannot provide their own milk.

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 8 or more 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 have any questions about expressing, storing, or donating your milk, call your healthcare provider, lactation consultant, or Mothers' Milk Bank of North Texas.

I DON'T WANT TO EXPRESS MY MILK

You will naturally stop producing milk if you do not stimulate your breasts. This may take a few days. Even if you have already begun pumping and you have now decided to suppress your milk, your milk will naturally dry up when you stop pumping. If your milk is in, it will be safer and more comfortable to do this gradually. You can begin by pumping less often.

While your milk is drying up you may feel some discomfort and you may leak some milk. You can use nursing pads to absorb leaking milk.

"Binding" the breasts (wrapping breasts tightly) to suppress milk is not recommended and can cause plugged milk ducts and breast infections. Wear a bra that is comfortable (not too tight).

Cabbage leaves or cold compresses can be used to relieve swelling and minor discomfort. Expressing very small amounts of milk can also temporarily relieve some of the pressure.

If you experience difficulty suppressing your milk, contact your healthcare provider or lactation consultant.



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