

## What is a Milk Bank?

A Milk Bank collects, screens, pasteurizes and distributes donated breastmilk.

## Why is the Milk Bank needed?

Some babies are unable to get the breastmilk they need for healthy growth and development from their own mothers. The Milk Bank may be able to help.

## What does donor breastmilk offer?

Donated breastmilk offers almost all of the qualities of a mother's own breastmilk. It is easy to digest and it helps protect against many serious illnesses.

***Banked human milk can help save lives.***

## Who uses the Milk Bank?

Those who benefit from the Milk Bank are infants and children whose medical conditions include :

- cancer
- HIV and AIDS,
- heart abnormalities
- digestive problems
- failure-to-thrive
- allergies & intolerance to commercial formulas
- those with certain neurological conditions

## How does the Milk Bank operate?

Breastfeeding mothers who are willing to express extra milk and who meet the health criteria are told how to safely express, store and deliver their breastmilk.

Once the breastmilk arrives at the Milk Bank, it is heat treated (pasteurized) to destroy any bacteria or viruses that may be present. It is then tested for bacteria & viruses and frozen. No bacteria or viruses are tolerated in any batch of pasteurized milk.

## Who can receive donated breastmilk?

**Priority is given to those with the most urgent medical needs.**  
**{tc \l1 "Who Can Receive Donated Breastmilk?}**

Any infant or child whose own mother is unable to provide enough breastmilk, may be eligible to receive breastmilk from the Milk Bank.

## How can my child receive milk from the BC Women's Milk Bank?

Parents should ask their physician or midwife for a prescription for donor breastmilk.

They should leave a message at **604- 875- 2424 extension 7634, Tuesday – Friday, 11 :30 – 5 :30.**

The Milk Bank will call back as soon as they are able.



## Who Can Donate?

This life-saving gift may be given by healthy, non-smoking mothers of babies under 1 year old who have more milk than their own baby needs.



## How can I become a Milk Bank donor?

Mothers should leave a message at

**604-875-2282** between Monday and Friday, 8 :30 – 3 :30. The Lactation Consultant will return their call to conduct an interview by phone.

The Lactation Consultant will give instructions about confirming the mother's good health and for the required blood tests.

## How is breastmilk transported to and from the BC Women's Milk Bank in Vancouver?

In the Greater Victoria area

### **Breastfeeding Matters— South Vancouver Island**

offers assistance with shipping costs to or from the Milk Bank by request.

For information about donating or receiving breastmilk on Vancouver Island, contact:

[milkbankinfo@breastfeedingmatters.ca](mailto:milkbankinfo@breastfeedingmatters.ca)



**Breastfeeding Matters—South Vancouver Island** is a registered charity dedicated to protecting, promoting & supporting breastfeeding.

Donations of \$15 or more will receive a tax receipt. Please contact:

## Extra Breastmilk?

## BC Women's Milk Bank needs breastmilk!

[info@breastfeedingmatters.ca](mailto:info@breastfeedingmatters.ca)



The World Health Organization states that banked human milk is the next best thing after breastfeeding or expressed breastmilk from the baby's own mother.

**The need for donated breastmilk keeps growing.**

**Donors are needed now!**

[milkbankinfo@breastfeedingmatters.ca](mailto:milkbankinfo@breastfeedingmatters.ca)

