



Mothers' Milk Bank

Colorado Based. Nationwide Impact.

Guidelines For Approved Milk Donors



How to Collect and Store Your Milk

- Label your milk storage bags with the date it was pumped and your donor number or last name.
- Always wash your hands before pumping.
- Pump into clean milk collection bottles or directly into milk storage bags.
- Store your milk in containers intended for milk storage such as milk storage bags or bottles. Please do not store milk in Ziploc bags or ice cube trays.
- If you combine milk from different pumping sessions, cool to refrigerator temperature before combining. Do not combine milk from pumping sessions more than 24 hours apart.
- Store your milk in the back of the freezer where it is the coldest. Remember, the door is typically the warmest place in the freezer and is not an ideal place for freezing milk.



Guidelines to Remember

- Limit caffeine intake to 300mg which is the equivalent of about 24 oz of strongly brewed coffee or four to six 12-oz cans of soda.
- Limit yourself to 2-3 alcoholic drinks per week. If milk is pumped less than 6 hrs after one drink or 12 hrs after two, please mark that milk as "not for donation." One drink equals 1.5 oz of hard liquor, 5 oz of wine, or 12 oz of beer.
- Once approved, you are eligible to donate until your baby is 18 months old, until you wean, or until you have another baby, whichever comes first.
- We can accept milk that has been stored for 8 months, (10 months with prior approval) as long as it was expressed before your baby was 18 months old.
- Approved over-the-counter medications include vitamin and mineral supplements, acetaminophen, and ibuprofen.



When to Give Us a Call

- You start any new prescription or over-the-counter medications, even ones you don't take every day. While most medications are safe for breast/chest feeding, donor human milk is distributed to hospitals serving premature and medically fragile babies. To keep these babies safe, we follow strict guidelines.
- You or anyone in your household is ill, other than minor colds. Depending on the symptoms and treatment, a brief hold on donation may be required.
- You need milk storage bags or steam sanitizing bags. We are happy to send you some!

Donating milk makes a *life-saving impact* for babies born every day.