

Information Guide for Donating Mother's Milk



**PUBLIC MOTHERS'
MILK BANK**



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BENEFITS

OF BANKED MILK



The Public Mothers' Milk Bank benefits babies born preterm at 32 weeks' gestation or earlier. Infants who are fed milk from the Bank are, on average, 3.3 times less prone to developing necrotizing enterocolitis.

This neonatal disease, which is associated with a high rate of mortality, appears in the form of a serious intestinal illness and affects 5% to 6% of premature babies.

When a baby is born preterm, the mother is not always able to breastfeed for various reasons. The Public Mothers' Milk Bank is then able to provide pasteurized human milk that contains a high concentration of immunoglobulins A (IgA).

These IgA form the first line of immune defence. They protect the digestive tract and encourage the development of intestinal flora.

A study has shown that preterm babies reach a satisfactory weight more easily and are less prone to rehospitalization when they are fed milk from the Bank.

**IN QUÉBEC,
MORE THAN 4,000 LITRES
OF MILK ARE NEEDED
EACH YEAR
TO MEET THE NEEDS
OF SOME 1,000
PRETERM BABIES.**

YOUR PARTICIPATION

IN THE PUBLIC MOTHERS' MILK BANK

1

You have taken the first step by registering for the Public Mothers' Milk Bank.

2

We now invite you to familiarize yourself with this guide.

- **Take the time to read it;**

- **Jot down your questions;**

- **Strictly follow the procedures outlined in the guide to ensure the quality of the milk throughout the donation process.**

3

A Héma-Québec representative will contact you for a telephone interview. The questions will deal basically with your health status and lifestyle habits. The representative will also go over the guide with you and answer your questions.

YOUR PARTICIPATION

IN THE PUBLIC MOTHERS' MILK BANK

4

If you have the desired profile, a meeting will be set up to collect a blood sample. The following screening tests will be done on the collected sample:

- **Aids virus (HIV);**
- **Human T-lymphotropic virus (HTLV I/II);**
- **Hepatitis B;**
- **Hepatitis C;**
- **Syphilis.**

5

At the same time, you will be provided bottles in which to store your milk. Return the first bottle of your milk to Héma-Québec after making sure to follow the hygiene measures. This milk will be subjected to microbiological analyses. You will be contacted if the results do not meet the requirements.

6

You can start collecting your milk for the Public Mothers' Milk Bank, making sure to apply the hygiene measures. The milk will then be subjected to a pasteurization process and microbiological analyses, and a telephone questionnaire will be completed to assess any changes to your health status or lifestyle habits.

HYGIENE MEASURES

FOR COLLECTING BREAST MILK

BEFORE EACH COLLECTION

1

Wash your hands with soap and water and dry them with a clean towel.

2

Wash your breasts gently with unscented soap. Avoid perfume and body powder, as well as any scented product (e.g., body lotion, cream).

3

Do not disinfect your breasts; breast tissue is fragile.

4

Rinse your breasts thoroughly with clean water.

5

Air dry your breasts or dry them with a clean towel.

6

Change your nursing pad after each use.



If Héma-Québec's bottles are compatible with the breast pump, these should be used. If not, carefully clean and disinfect the collection bottles following the instructions in the section titled "AFTER EACH COLLECTION."

HYGIENE MEASURES

FOR COLLECTING BREAST MILK

AFTER EACH COLLECTION

1

Thoroughly clean the parts of the breast pump and collection bottles in hot soapy water. Use antibacterial dishwashing liquid.

2

Rinse them well in clean water.

3

Boil the parts of the breast pump and collection bottles for 5 to 10 minutes.

4

Place them on a clean unused dish towel. Avoid baby bottle drying racks or dish racks.

5

Allow the parts to air dry.

6

Store them in a clean location until the next use.

A HEALTHY DIET

There is no special diet to follow to donate breast milk. Eat to satisfy your hunger and drink liquids to avoid dehydration. Consume a healthy and varied diet as suggested by Canada's Food Guide.

However:

- If you are vegetarian or vegan, you must take a B12 vitamin supplement;
- If you drink alcohol, you must wait 12 hours before collecting your milk for the Bank. The following maximum daily amount of alcohol is permitted:
 - 355 ml (12 oz.) beer; or
 - 150 ml (5 oz.) wine; or
 - 300 ml (10 oz.) wine-based drink; or
 - 45 ml (1.5 oz.) hard liquor.

HANDLING THE BOTTLES

- Enter the date (dd/mm/yyyy) on which the milk was collected on the sticker and affix it to the bottle.
- Freeze the milk immediately (no later than 30 minutes) after collection.
- Be sure to place the bottles of milk as far away from the freezer door as possible to avoid temperature variations.
- Do not refreeze milk that has thawed.
- Do not add fresh milk to milk that is already frozen.
- Try to ensure a minimum of 15 ml per bottle.



Do not touch
the inside of the
neck or bottle.



Do not touch
the inside of
the lid.



Do not fill
the bottle above the
100 ml line to allow
space for the liquid to
expand when frozen.

PICKING UP OR DROPPING OFF

BOTTLES

PICK-UP

For donors in the Montreal or Quebec City region

Keep the bottles of milk frozen until they are collected.
Milk must not be thawed.

Plan to have your bottles picked up
by Héma-Québec when:

- **You have at least 20 bottles; or**
- **At least one bottle has been stored for three months
(depending/based on the storage space in your freezer).**

To arrange for a pickup, call 1-800-565-6635, ext. 5253.

During the pickup, do not place more than 24 bottles
in the box supplied by the transporter.

PICKING UP OR DROPPING OFF

BOTTLES

DROP-OFF

For donors living less than an hour from a participating PLASMAVIE Donor Lounge

Before dropping off the bottles, call us at 1-800-565-6635, ext. 5253. We will check if you have had any lifestyle changes.

Transporting frozen milk

- Milk must be kept frozen during transport.
- Place the frozen milk in a cooler or isothermal bag with ice packs to keep the milk frozen during transport.
- Transport time between your home and the drop-off point must not exceed one hour.
- Direct transport to the drop-off point is important to preserve the quality of the milk.
- Bring your bottles of milk to the PLASMAVIE Donor Lounge nearest you.

INFORMATION

TO PROVIDE TO HĒMA-QUĒBEC

Taking certain medication, changes in your health status (or that of your loved ones), lifestyle changes, or travel outside Canada since qualifying can have an impact on the preterm babies who will receive your milk. **It is important that you keep us informed.**

Please notify us if any of the following situations occur so that we can advise you on the steps to take:

- **New bacterial or viral infection** (excluding colds);
- **New health problem;**
- **New medical diagnosis;**
- **Exposure to a childhood disease** (e.g., measles, German measles, mumps or chickenpox);
- **Vaccination;**
- **Risk factor for transmissible infections:**
 - Drug use;
 - Change in sexual behaviour (e.g., new partner, high-risk sex);
 - Tattoo or skin piercing;
 - Contact with another person's blood.
- **You travelled outside of Canada or plan to while participating in the Public Mothers' Milk Bank;**
- **You were diagnosed with a Zika virus infection;**
- **You had sex with a man who was diagnosed with a Zika virus infection in the six months prior to having sex.**

INFORMATION

TO PROVIDE TO HĒMA-QUĒBEC

A prohibition period may apply based on Héma-Québec's criteria. We will inform you when you can start donating your milk again to the Public Mothers' Milk Bank.

If you have any questions, feel free to call us at 1-800-565-6635, ext. 5253.



TAKING MEDICATION

The following medications are acceptable for the **Public Mothers' Milk Bank**. Notify Héma-Québec if you are taking medication that does not appear on this list.

CATEGORY	GENERIC OR TRADE NAME		
Antacids	Esomeprazole Famotidine Losec	Nexium Omeprazole Pepcid	Ranitidine Ulcidine Zantac
Anticoagulants	Coumadin	Heparin	Warfarin
Antidepressants	Aventyl Fluvoxamine Luvox	Nortriptyline Norventyl Paroxetine	Paxil Riva-Fluvox
Eye drops	All eye drops		
Hormone replacement (taken for hormone deficiency)	Thyroid hormone (e.g., Synthroid)	Hydrocortisone (topical) or cortisone patch Note: Notify Héma-Québec if you are taking the oral form.	Insulin
Contraceptive medications (and methods)	Intrauterine devices (IUD) containing copper or progesterone	Progesterone only or low dose of estrogen (< 25 mg)	Spermicides
Inhaled medications (for asthma, cold and allergies)	All inhaled medications		
Gastrointestinal medications	Antacids with calcium or magnesium	Stool softener Fiber	Simethicone

TAKING MEDICATION

CATEGORY	GENERIC OR TRADE NAME		
Topical medications (applied to the surface of the skin: e.g., cream, gel, ointment)	All topical medications Note: Remove all traces of topical medication applied to the breast before collecting your milk.		
COLD - FLU - ALLERGY Medications			
Acetaminophen Note: The medications must contain acetaminophen only.	Abenol Acet Acetaminophen Apap	Artritol Atasol Excedrin Fortolin	Gesic Taminol Tylenol
Non-drowsy antihistamines	Aeries Allegra Allernix Aller-Relief	Allertin Cetirizine Claritin Desloratadine	Fexofenadine Loratadine Reactine Rhinaris
Ibuprofen Note: The medications must contain ibuprofen only.	Advil Caldolor	Ibuprofen Motrin	Profen
Allergy shots (allergies)	All allergy shots		

NATURAL PRODUCTS

Notify Héma-Québec if you are taking natural health products, herbal supplements (including Mother's Milk® Tea and herbal teas containing fenugreek seed), or homeopathic products.

FREQUENTLY ASKED QUESTIONS

Since I am participating in the Public Mothers' Milk Bank, do I have to continue breastfeeding my baby even though I no longer wish to?

Breasts continue to produce milk as long as the baby is nursing, or the mother is collecting milk. However, no mother will be asked to extend lactation in order to donate milk to the Bank.

Do I need to drink more fluids since I am donating milk to the Bank?

No. While you are breastfeeding, you will naturally be thirstier. Simply drink accordingly.

Do I need to stimulate each breast?

Milk is produced independently from one breast to the other. If only one breast is stimulated, the other breast will stop producing milk after a few weeks.

Must I follow a specific diet to donate my milk?

No special diet is recommended for donating breast milk. Eat a variety of healthy foods.

Is it normal for my milk to separate?

Milk normally separates because the fat rises to the top. The amount of fat in milk can vary over time and from one mother to another.

I had breast surgery. Can I donate milk?

Yes. If you are breastfeeding your baby and have a surplus of milk, you can donate it.

Do I have to collect my milk every day for the Bank?

No. You can collect your milk based on your ability and desired frequency.

FREQUENTLY ASKED QUESTIONS

Is there a preferred time of day to collect milk?

No. Whatever time suits you is fine.

If I donate my milk to the Bank, will I have enough for my baby?

Yes, since you are donating only if you have a surplus of milk.

If I donate my milk to the Bank, will my baby receive all the nutrients needed?

Yes. While you are breastfeeding, your baby will receive all the nutrients required.

Can I find help if I have problems breastfeeding?

You will find resources on page 19.

Can I donate milk that was frozen in containers other than those provided by Héma-Québec and collected before my registration for the Bank?

Not all containers are acceptable. You must have met Héma-Québec's criteria for collecting milk. Contact Héma-Québec for more details.

I usually simmer or heat my milk before freezing it. Can I do that with the milk for the Héma-Québec Bank?

No. You must freeze the milk immediately after collecting it. At Héma-Québec, your milk will be mixed with that of other mothers and then pasteurized.

SOME RESOURCES

- YOUR REGIONAL CLSC

- YOUR BREASTFEEDING GODMOTHER

- ASSOCIATION QUÉBÉCOISE DES
CONSULTANTES EN LACTATION (IBCLC):

www.ibclc.qc.ca/en/accueil (this website contains a list of breastfeeding resources with the names and IBCLC contact information in private practice by region)

- LIGUE LA LECHE

<https://allaitement.ca>

- THE NOURRI-SOURCE FEDERATION

www.nourri-source.org/en



If, for whatever reason, you wish to end your participation in the Public Mothers' Milk Bank, please contact us at 1-800-565-6635, ext. 5253.

HĒMA-QUĒBEC
THANKS YOU FOR
YOUR GENEROSITY.

YOUR DONATION OF MILK WILL
HELP MANY PRETERM BABIES
REGAIN THEIR HEALTH
AND SAVE LIVES.

THANK
YOU!



**TO REACH A STAFF MEMBER
AT HÉMA-QUÉBEC'S PUBLIC
MOTHERS' MILK BANK:**

1-800-565-6635 or
514-832-5000, ext. 5253

mothersmilk@hema-quebec.qc.ca

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hema-quebec.qc.ca