



Mothers' Milk Bank

Colorado Based. Nationwide Reach.



*Milk donation is a
unique gift that only
a mother can give.
If you would like to
become a donor, contact us
today to get started.*



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303.869.1888 | www.milkbankcolorado.org

Mothers' Milk Bank:

5394 Marshall Street, Suite 400
Arvada, CO 80002



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Please call for more information

907-456-9000

A program of



ROCKY MOUNTAIN
CHILDREN'S HEALTH FOUNDATION

www.rmchildren.org



Donate Milk. Save Babies...

Because just one ounce can save a life.



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Photo by Laura Siebert www.eyesmiles.com

Can I donate milk?

Taking care of your baby is your first priority. Once you've established your milk supply and your own baby's needs, becoming a donor might be an option for you. Use these simple guidelines to determine whether you can donate milk:

You are **LIKELY** to qualify as a donor if:

- You are in generally good health
- You are a non smoker
- You are taking no medications on a regular basis

How do I become a donor?

1. Call the Milk Bank at 303.869.1888 or visit our website.
2. Our trained lactation consultants will do a short phone pre-screening.
3. We will then send you the comprehensive screening form to fill out and send back.
4. Next, our lactation consultant will call you to set up a blood test, at no cost to you.
5. Once you sign the donor consent form and your doctor signs the medical release form, you are ready to donate milk.
6. We will provide you with containers and make arrangements to pick up your milk.
7. That is all there is to it!

NOTE: In most cases, we accept previously collected milk. Please call for more information.

What happens to your milk after you become a donor?

1. Milk is received and stored in large freezers maintained at -20° C or colder.
2. Milk is pooled together into large flasks, then poured into sanitized glass bottles.
3. The bottles are placed in a pasteurizer, brought to 62.5° C, and pasteurized for 30 minutes.
4. The bottles are cooled immediately, labeled and placed in freezers.
5. A small sample of the milk is analyzed to assess fats, proteins and lactose.
6. A sample from each batch is sent to the lab to be tested for any bacterial growth.
7. Once approved, the milk is sent coast to coast to babies in hospitals and homes.



Babies in hospital Neonatal Intensive Care Units (NICU) depend on this life saving nourishment to thrive when their own moms' milk is not available.

Donor milk is used by preemies who cannot tolerate formula, have a weakened immune system, or have special dietary needs. Donor milk reduces digestive tract infections by 79% and many other infections as well. One ounce of your milk can feed a micro preemie for an entire day—literally saving her life.

“Mothers’ milk is liquid gold for babies who are fighting for their lives. It can mean the difference between life and death.”

—Dr. Jeffrey Hanson

NEONATOLOGIST AT
ROCKY MOUNTAIN HOSPITAL FOR CHILDREN