

HUMAN MILK BANKING

ONE OF A KIND IN CANADA

At BC Children's and Women's Hospital in Vancouver, BC

GIVING

- Women who kindly give are healthy mothers with healthy lifestyles who have an abundance of breast milk.
- Donor mothers are carefully screened. Specific blood work and a questionnaire must be completed in order to determine eligibility.
- After meeting the nutritional needs of her own infant, a donor mother will give at least 3 litres (100 ounces) of breast milk to the human milk bank.
- Milk is pasteurized to eliminate bacteria and viruses which ensures complete safety of the milk. It is then tested and carefully stored by lab technicians.
- The milk bank relies on the kindhearted generosity of Canadian women like you!



RECEIVING

- Those who gratefully receive are babies with health concerns whose mothers are not able to provide enough breast milk.
- Others may request milk from the milk bank but if supply is limited, the milk bank will prioritize recipients.
- The pasteurization technique used ensures milk is safe for babies while retaining most of the bioactive properties.
- Donor milk has been proven to give babies effective nutrition for growth while promoting a healthy immune system.
- A prescription from your doctor or midwife is required.
- A processing fee is charged for recipients outside of BC Children's & Women's Hospitals.

If you are interested in donating to Canada's only human milk bank please call BC Women's Milk Bank:

(604) 875-2282

For more information visit www.bcwomens.ca.

The Human Milk Banking Association of North America (HMBANA), can be visited at www.hmbana.org. HMBANA serves the US and Canada!

If you have a prescription and would like to receive milk from BC Women's Milk Bank call:

(604) 875-2424, local 7634

Developed by Kyoko Matsuzaki and Michelle Cameron as a student project for the Breastfeeding Course for Health Care Providers, Douglas College, Fall 2007