



Donor Guidelines and Education

To keep the milk safe, we will ask you questions about these topics often.

New or changed medications or supplements

Let us know if you take any new medications or supplements. This includes:

- Prescription medications
- Non-prescription, over-the-counter medications
- Herbal supplements, vitamins, and nutritional supplements
- Ointments that are applied to the nipple, chest, or breast **present during pumping**
- Vaccines and shots

Donor illness or exposure to disease

Let us know if **you** have experienced symptoms of illness. This includes, but is not limited to:

- GI symptoms like vomiting or diarrhea, have experienced a fever associated with an infection, rash, jaundice (yellowing of the skin), or infection.
- Breast, chest, or nipple infection, bleeding, cracks, blisters, or open sores
- Shingles

Let us know if **you or a family member** experiences:

- Lice
- Varicella (chicken pox)
- Monkeypox

Alcohol consumption

Follow these **guidelines**

- For every serving of alcohol up to **one** serving, wait **six** hours until pumping for donation.
- For **more than one** serving of alcohol, wait **12** hours until pumping for donation.
- If you consume alcohol, and express milk under the guidelines, mark the bag with an "X" as an identification method.

Additional Guidelines

Please let us know if you:

- Drink alcohol daily
- Use nicotine, cannabis, or CBD products
- Received a blood transfusion
- Were exposed to an accidental needle stick or used an unsterile needle
- Had a jail or prison stay for over 72 hours
- You or your sexual partner have these risk factors:
 - Have had sex with anyone with HIV, HTLV, Hepatitis B, Hepatitis C, or syphilis
 - Sex with a new partner, multiple partners, or a sex worker
 - Sexually transmitted infection (e.g. gonorrhea, chlamydia)
 - Injection drug use

Best Practices for Milk Collection and Storage

- Wash hands with soap and water or use hand sanitizer before pumping.
- Clean pump parts in hot soapy water and rinse in clean water after each pumping session.
- Use a clean, disposable milk storage container made for breast milk.
- Do not heat-treat milk (e.g. warming, scalding, boiling, thawing).
We cannot accept this milk.
- All milk must be labeled with the date the milk was **pumped**.
- If mixing milk that was pumped on two different days, label the bag with both dates.
 - Do not overfill the storage bottle or bag. Milk expands when it freezes.
- When storing milk in a refrigerator after pumping, move the milk to the freezer within 4 days. **We cannot accept milk that is in the refrigerator for more than 4 days (96 hours).**
- Milk may be safely stored in the freezer for donation for up to 12 months. We usually do not accept milk over **ten months** old, due to the time it takes to process, distribute, and use it.