

Next steps if you would like to donate

If you would like to donate your milk, you can speak with the midwife looking after you (if you are still being looked after in hospital) or a member of the bereavement team who can either put you in touch with the Milk Bank team or liaise with them on your behalf if you prefer.

You can also contact the Milk Bank directly:

0121 335 8245

bwc.milk.bank@nhs.net

The Milk Bank is open **Monday – Friday 7.30 – 15.00**. If you telephone when the Milk Bank is closed you will be able to leave a message and the staff will contact you as soon as possible.

Where can I go for support?

There are lots of organisations who are able to offer help and support and it is important to find support which works for you.

National Charities

SANDS

 www.sands.org.uk/
 0808 164 3332
 helpline@sands.org.uk

Child Bereavement UK

 www.childbereavementuk.org
 0800 02 888 40
 support@childbereavementuk.org

Children of Jannah

 www.childrenofjannah.com

CRUSE Bereavement Support

 www.cruse.org.uk/

Lullaby Trust

 www.lullabytrust.org.uk/
 0808 802 6868

Petals

 www.petalscharity.org/counselling
 [contact/](http://www.petalscharity.org/counselling/contact/)
 0300 688 0068
 counselling@petalscharity.org

Twins Trust

 twinstrust.org/bereavement.html

Written by Dr. Gemma Holder
on behalf of



West Midlands
Perinatal Network



Donating Breast Milk After Loss

Donating your milk may bring some comfort, knowing it helps support premature and sick babies. Thank you for considering this during this difficult time.

Some parents choose to continue expressing milk after the loss of their baby, finding comfort in it. This may not be the right choice for you, there is no right or wrong decision.

If you have already expressed milk, you may opt for a one-off donation and choose not to express any more milk.

If you are considering donating, hearing how it has helped others may be helpful for you or your family.

Family experiences are available on the website below:

www.milkbankatchester.org.uk/donationafterloss/donorstories

scan the QR code with
a smartphone or tablet
for direct access to
the website



How your milk would help

Donor milk is recommended for premature or sick babies when their parents' milk is not available. It can help prevent life threatening infections, and support their own parent to produce breast milk.

The Donor Milk Bank at Birmingham Women's Hospital supplies donor milk to babies across the West Midlands and Wales.

At times, the Birmingham Milk Bank may not be able to accept donations for other babies. Since every drop of donor milk is valuable, we would send your milk to The Milk Bank at Chester for research purposes.

How do I donate my milk?

If you wish to donate your milk, we will arrange for a staff member from the Birmingham Milk Bank to contact you. They will explain the process and answer any questions you may have.

The Milk Bank team will ask about your general health, medications and if you smoke or vape. Milk cannot be used for premature or sick babies if you are taking certain medicines or if you smoke or vape.

In this case, we would still welcome your donation and your milk would be used for valuable research into breast milk to help families in the future. Your milk would be sent to the Milk Bank in Chester if being used for research.

Blood tests for viruses that can be passed through milk (Hepatitis B, Hepatitis C, HIV, Syphilis, and HTLV) need to be repeated. This can be done before you leave the hospital or by your GP later if preferred.

If I can donate my milk, what happens next?

The Milk Bank needs to keep records of donor parents and milk. You will be asked to provide the following information:

- NHS number
- Personal details
- Contact details
- Medical details

Your information will not be shared with anyone without your consent. We are unable to disclose which babies you are helping by donating.

Continuing to express

If you choose to continue expressing, the Milk Bank will provide you with everything that you need and information to help you do this.

They can arrange for the Blood Bike Volunteers to transport your milk to the hospital.

The Milk Bank staff will be available to answer questions and support you when you decide it is the right time to stop expressing.

