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# **Breast Milk Donation & Induced Lactation**

Breastmilk is one of the most effective ways to ensure child health and survival

World Health Organisation

# Options to Supplement Formula

Your surrogate  
expresses & freezes  
milk



Milk Bank



Informal milk-sharing  
networks



# Formal Donor Milk Sources

- Australian Red Cross Milk Bank
  - only for preemie babies in NICU units
- Mothers Milk Bank
  - All babies born >34 weeks who are not receiving sufficient breast milk



**MothersMilkBank**  
Charity

[mothersmilkbank.com.au](http://mothersmilkbank.com.au)

# Mothers Milk Bank

## Pros

- Pasteurised
- Pre-screened for infection
- Screened donors (HIV, HTLV, syphilis, Hep B and C)
- Can pre-order in bulk
- Tax-deductible

## Cons

- \$15 per 100ml bottle
- Freight \$40 -\$75 (but can include 50 bottles)
- Need to collect from nearest airport

## Cost Analysis

- One milk bank bottle/day for 30 days = \$520
- Formula feeds (4 per day) for 30 days = \$60



# Informal Donor Milk Sources

- Human Milk 4 Human Babies

## Pros

- Known donor
- Free
- Groups in each state
- <https://www.facebook.com/HM4HB.NSW/>
- <https://www.facebook.com/hm4hbvictoria>

## Cons

- Accessible only via Facebook messenger
- Based on trust
- Neither milk nor donors are screened
- Need to drive and pick up



# Human Milk 4 Human Babies

Many donors mums are having a challenging time

- Engorged
- Over-supply
- mastitis many times

Expressing their XS milk relieves these symptoms

## Group Rules

- No money can be exchanged
- No 'next' dibs on donors
- Don't inundate donors



## How it Works

- donor will post they have milk to share
- Check their location!
- message them if interested
- they may give you their mobile number
- Make a pick up time
- Bring a cool bag/esky (it will be frozen)
- keep space free in your freezer





# Human Milk 4 Human Babies

## Tips

- share your situation and why you need the milk
- Ask if you can stay in touch, they may have more milk in the future
- Respect their wishes
- donors have babies too and will be tired and sleepless at times.



# Human Milk 4 Human Babies

## Thank You Gestures

- acknowledge the time and sleeplessness gone into creating the precious milk for your baby
- Something small to show you care and appreciate
  - Baked goods/food
- Replace breast milk bags
- <https://www.medela.com/breastfeeding/products/>
- \$1 each can add up if a mum is expressing daily
- Don't provide freezer bags - they split & leak milk everywhere!!!



# Donor Milk Preparation

- Take 1 bag out of the freezer
- Thaw in fridge
- Warm by standing bottle in hot water
- Milk is suitable for 4 hours

# Donor Milk Storage

Situation	Max time out of fridge	Max time in fridge	Max time in freezer
Freshly expressed into closed container	6-8 hrs (26 or less) Store in fridge if possible	72 hrs, at back of fridge	<ul style="list-style-type: none"> <li>• 2 weeks in freezer compartment (inside fridge)</li> <li>• 3 months in freezer (separate door)</li> <li>• 6-12 months in deep freeze</li> </ul>
Previously frozen – thawed in fridge but not warmed	4 hrs or less	24 hrs	Don't refreeze
Thawed outside fridge in warm water	Completion of feed	4 hrs	Don't refreeze
Infant begun feeding	Only completion of feeding	Discard	Discard

# Inducing Lactation

Some women want to breastfeed their baby born via surrogacy

Reasons can include:

- They always expected to breastfeed
- They believe that breastfeeding will help bond with her baby

They believe it will help regain confidence in her body

- breastmilk is important for babies

# Inducing Lactation

During pregnancy, oestrogen, progesterone and prolactin develop the breasts for lactation. The changes can be duplicated by prolactin alone.

Prolactin levels can be raised by

- nipple stimulation via pumping or a suckling baby
- By medication

# Motillium (Domperidone)

- Prescription med
- works by increasing prolactin secretion.
- Take months prior to birth
- Milk can be produced & frozen prior to birth
- May achieve 80 - 90 mL/day
  
- Will supplement formula
  
- Lactation consultants at hospitals
- private lactation consultants [www.lcanz.org](http://www.lcanz.org) for one-on-one support

Source breast pumps via Australian Breast Milk Association

<https://www.breastfeeding.asn.au/view/hire-breast-pump>