

## WHAT IF I WANT TO DONATE MY MILK?

You could save a life...

If you express and store your milk you may be able to donate to help save a fragile life.

Donating through a non-profit milk bank is a safe way to share your milk according to the FDA.

Contact [milkbanktn.org](http://milkbanktn.org) and let us know you are interested in donating your milk. We will take you through the easy steps to successful donating:

- Complete a 10-15 minute telephone screening.
- Complete and return an information packet.
- Have a blood test done.

All costs for screening and processing your milk are paid by the Milk Bank.

You can donate milk you've collected before starting the screening process and during screening.

## Mothers' Milk Bank of Tennessee (MMBTN)

is a non-profit organization whose mission is to save babies lives by providing prescribed donor human milk.

*We are deeply sorry for your loss.*



[milkbanktn.org](http://milkbanktn.org)

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Phone: (615) 933-8877

Email: [info@milkbanktn.org](mailto:info@milkbanktn.org)

[www.milkbank.org/bereavement](http://www.milkbank.org/bereavement)

Check the website for a collection site near you.

## *Teardrops and Milk Drops*



*Lactation options after  
the loss of your baby.*

## WHY AM I PRODUCING MILK WHEN I DON'T HAVE MY BABY?

The birth of your baby stimulates hormones that tell your body to make milk.

Milk usually comes in 3 - 5 days after a baby is born. Your breasts will feel fuller and may leak milk. You may feel like you have a fever. Everyone experiences this process differently.

Whether your milk is just coming in or you have been making milk for a while, you now have some choices to make:

- Stimulating your breasts tells your body to keep making milk. This milk can be expressed either by hand or with help from a pump.
- Doing nothing to stimulate your breasts will send the message to your body to stop making milk and your milk supply will go away.
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*"Giving my milk to help infants born too soon was healing for me. It didn't bring back my precious baby, and it didn't erase my pain, but it helped me to have a purpose. I gave milk in honor of my beautiful girl who wouldn't need it, so it was a gift from the two of us to those who would live because of it."*

- Michelle, Bereaved Mother

## I WANT TO EXPRESS MY MILK

Expressing your milk can be done for a short or a long time. Milk supply may naturally dry up, or you can suppress the supply when you are ready to stop expressing.



Expressed milk may be donated in honor of the baby you have lost. Donating your milk to a non-profit milk bank is a generous and compassionate act. Milk donated to milk banks is used to feed sick and premature infants whose mothers cannot provide their own milk.

Expressing milk can be done either by hand or with the help of a pump. Early stimulation of your breasts will help build up a good milk supply. Expressing 8 times a day will give you the best results.

If you already have a milk supply, continue expressing as often as is comfortable for you.

If you have questions about expressing, storing, or donating your milk, call your healthcare provider, lactation consultant, or [mothersmilkbanktn.org](http://mothersmilkbanktn.org).

## I WANT TO SUPPRESS MY MILK



Suppressing your milk supply will stop milk from continuing to be created. This can be done when milk first comes in or later if you have expressed some of the milk. If you do nothing to stimulate your breasts your body will stop making milk and you milk will slowly dry up. This may take a few days.

While your milk is drying up you may feel some discomfort and may leak some milk. You can use a nursing pad inside your bra to absorb the leaking milk. Wear a bra that supports your breasts and is not too tight or too loose.

"Binding" the breasts (wrapping tightly to suppress milk) is not recommended and can cause plugged milk ducts and breast infections.

Cabbage leaves or cool compresses can be used to relieve swelling and minor discomfort. Expressing small amounts can also relieve some of the pressure.

If you experience difficulty suppressing your milk, contact your healthcare provider or lactation consultant.