

DONATE BREAST MILK
SHARE THE GIFT OF LIFE



If you are interested in becoming a breast milk donor or need more information, please contact us.



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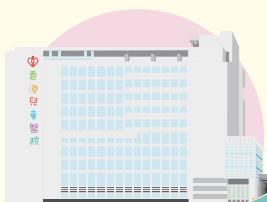
www.ha.org.hk/hkch/hkbmb



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HKBMB



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香港兒童醫院
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HONG KONG BREAST MILK BANK





Donate Breast Milk , Share the Gift of Life

Breast milk is the best form of nourishment for babies and comes with multiple health benefits. It contains all the components for optimal nutrition, protects babies from infections, reduces feeding intolerance, and fosters better long-term growth and development. For **preterm and sick babies**, breast milk is easy to digest and absorb. It provides antibodies and other bioactive factors that help the most vulnerable babies fight infections. Evidence shows that for preterm and sick babies, breast milk is **lifesaving** as it **reduces the risk of serious complications, notably necrotising enterocolitis**-a life-threatening intestinal disease among preterm babies.

Mother's own milk is usually the best, however, when it is insufficient or unsuitable for medical reasons, **pasteurised donor breast milk (PDBM)** is the next best option.



Hong Kong Breast Milk Bank

The Hong Kong Breast Milk Bank (HKBMB) is located at the Hong Kong Children's Hospital. It is a service established under the Hospital Authority with the aim of providing **safe and high-quality PDBM** for the preterm and sick babies in the neonatal intensive care units (NICUs). HKBMB strictly adheres to protocols adapted from international guidelines for milk banking including the UK National Institute for Health and Care Excellence (NICE) and the Human Milk Banking Association of North America (HMBANA).

Same as blood donors, breast milk donors must undergo health screening and blood tests to ensure eligibility to donate. Donor breast milk is processed in the milk bank with a robust system for **screening, microbiological testing, pasteurisation, and nutritional analysis, all under precise temperature control**. PDBM meeting the standards will be distributed to NICUs, where it is dispensed according to paediatrician's prescription to babies in need.

1 Pasteurisation



2 Microbiology testing



3 Nutrition analysis



TEMPERATURE CONTROLLED MILK HANDLING

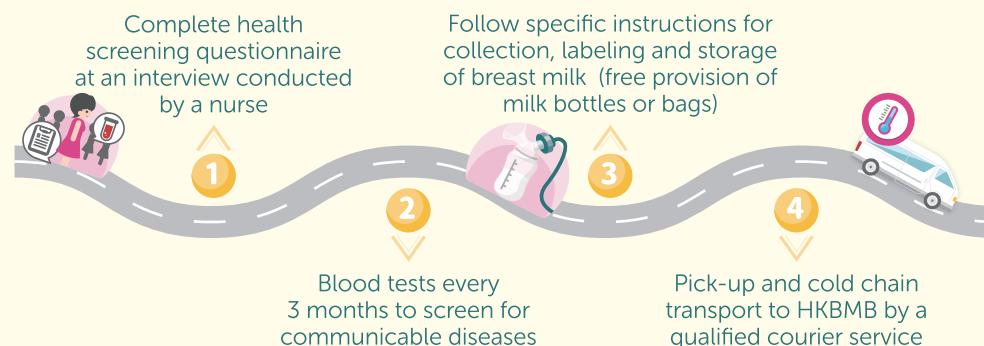


Can I Become a Donor?

You can become a donor if you are healthy, your baby is under one year old and you:

- ★ Do not smoke and do not consume alcohol regularly
- ★ Do not use illegal drugs and other prohibited substances
- ★ Do not consume more than 3 cups of regular coffee (200 mg of caffeine) per day
- ★ Are not at increased risk of Creutzfeldt-Jakob disease
- ★ Have not received blood transfusion in the last 6 months
- ★ Have Vitamin B12 supplement if you are a vegetarian / vegan
- ★ Have not had any body piercing, tattoos, cosmetic tattoos, or acupuncture done (without using a single-use needle) in the last 6 months
- ★ Are not taking medications (including herbal remedies) which are known to be unsafe during breastfeeding
- ★ Have not been tested positive for Hepatitis B and C, Human Immunodeficiency Virus (HIV), Human T-Lymphotropic Virus (HTLV) types 1 or 2, or Syphilis

Process of Milk Donation



Points to note

- ✔ Milk donation is voluntary with no remuneration.
- ✔ Donor information is kept confidential.
- ✔ Support by lactation consultant will be provided.
- ✔ All breast milk donated to the HKBMB will not be returned.