



Who we are?

Queensland Milk Bank is located at the Royal Brisbane and Women's Hospital, Herston, Brisbane. We were established in 2012 to provide pasteurised donor human milk to premature babies. The breast milk is donated by breastfeeding mothers and undergoes screening and pasteurisation before being supplied to some of the tiniest humans around Queensland and interstate.

Why donor milk?

Breast milk increases the survival rate of premature babies. Some mothers may not be able to breastfeed or express milk to feed their premature or sick newborn babies due to low milk supply or maternal illness. The next best thing is breast milk donated by other mothers. Human donor milk is easily digested and empties into the stomach faster than formula. Breastmilk has over 300 more nutritious ingredients than formula

Who can become a breast milk donor?

Mums in the community or with a baby in special care nursery can donate if:

- you are breastfeeding or expressing for your own baby and you have an abundant supply of milk which is surplus to your baby's needs
- you are in good health

A simple lifestyle screening tools is completed which looks at your general health. There are some medications that may exclude you from donating, but these are few and can be discussed with the milk bank staff. Blood tests are required to ensure infection or viruses are not present that can be passed through the milk

What is important in your medical history?

- whether you have any chronic or acute medical conditions that require medical treatment
- if you were born in the United Kingdom between 1980-1996 or lived there during this time for longer than six months
- whether you smoke or use nicotine replacements
- use illegal drugs
- drink more than two standard drinks per day
- drink more than three cups of coffee, tea or cola/stimulant drinks per day

How much breast milk will I need to donate?

We are grateful for any breastmilk that you can donate

Does becoming a breastmilk donor affect the milk that my baby receives?

Breast milk production works on supply and demand. The more breastmilk removed from your breast the more you will make. We suggest that if feeding your baby, you feed them first before expressing and fit it into your day. If your baby is in hospital we suggest you speak to the Lactation Consultant or Nurse looking after your baby before donating