



DELHI-NCR'S **1ST**
HUMAN MILK BANK



For Donor Mothers

AN INITIATIVE BY



*Say Yes to Amaara,
Say Yes to Life!*



ABOUT US

Millions of babies are born every day, most of them are blessed to be born hale and hearty, safe to live a full and happy life, but all are not fortunate enough as some babies come into this world premature and are weak or even suffer from restricted growth problems.

It is for these little angels who deserve to live long and get a chance to survive that we have come up with a unique human milk bank "Amaara"- it's the first and only human milk bank in Delhi/NCR region.

It is an initiative by Breast Milk Foundation in collaboration with Fortis la Femme, as these two come together, in an effort to provide human milk for sick and premature babies.

The milk bank is well equipped to help with the donation process, while it will also provide its donor mothers with all the required help and care.

INSTRUCTIONS FOR 'DONOR MOTHERS'

A mother can donate her milk anytime after lactation (milk flow) is established and when she feels confident to do so.

The first and most important thing is to make sure that your baby is well fed and exclusively breast feeding before you decide to donate any excess milk.

The process of collecting milk from a lactating mother is termed as 'expression'. A mother can express either after she has fed her own baby or while she is feeding her baby.

One thing needs to be clear that a lactating woman's body will never lack milk, 'more the demand more the supply', so you can donate and save lives without any inhibitions.

REQUISITE EQUIPMENTS

Breast pumps

If you own a breast pump you can continue to use it otherwise the milk bank will provide you with one (You will return or the bank will collect the pump when donation is discontinued.)

Bottles and labels

The milk bank will provide sterilised and labelled collection bottles.

STERILIZING THE EQUIPMENT

Make sure that all parts that come into contact with milk are sterilized each time before expression, Pump shield, Valves, Bottles and Caps. Otherwise, the pump will become a breeding ground for bacteria, and the milk will not be safe for the baby

1. Steam Sterilization

2. Boiling

- Take a large container with a lid, completely immerse the pre washed equipments in water, boil and simmer for 20 minutes.
- Cool and remove all the parts and place them on the paper towel and let them dry completely.

MILK EXPRESSION & STORAGE



Always wash your hands before expressing



Wash the namely Bottle parts caps, valves and shield which come in contact with the milk, with hot soapy water and sterilize



Express milk and Store properly in labeled (Date and Time) sterilize bottles provided by the bank in the refrigerator



You may fill the bottle till the time it is full ensuring a 2cm gap and then place the bottle into the freezer within 24 hours of the first expression. Always tightly secure the lid without touching the inside



Once the bottle is full , immediately place the bottle in the coldest part of your freezer (-15° C to -20° C)



When you express next, Start with the fresh bottle with the label of and repeat the steps from 1 – 5 . When starting with the last bottle please call the milk bank



Handover the frozen milk bottle(s) to the collector for transportation to the bank

MEASURES TO BE TAKEN

- As you are a mother, donating milk for a premature or a very sick child you need to ensure the goodness of your own health, personal hygiene, handling of equipment and expressed milk along with proper intake of a healthy diet.
- Donor mothers need to refrain from smoking and alcohol consumption.
- In case if you fall ill, have sore nipples, mastitis, abscess or are taking any medication/drug/vaccination during this period please inform the bank.

*Donate Milk
Save a Baby*





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