What if I want to donate my milk?

If you express and store your milk, you may be able to donate it to a human milk bank which makes milk available to sick and premature infants who require this vital nutrition to thrive.

Donating through a nonprofit milk bank is a safe way to share your milk according to the FDA.

As the second oldest nonprofit milk bank in North America, Mothers’ Milk Bank (MMB) is a founding member of Human Milk Banking Association of North America (HMBANA). MMB adheres to and often exceeds the guidelines set forth by HMBANA.

If you would like to donate your milk, contact MMB at 303.869.1888. A lactation consultant will take you through the easy steps to successful donating:
1. Complete a 10-15 minute phone screening
2. Complete and return medical history forms
3. Have a blood test done
All costs of donating your milk are paid for by MMB.

Once approved, you are ready to drop off or ship your milk.

You can express and donate for a short or long time frame—it is up to you. If you’ve already been pumping and storing, you may be able to donate that milk too.
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. For many mothers, producing milk is an especially painful reminder of all they grieve for.

Milk usually comes in three to five days after a baby is born. Your breasts will feel fuller and may leak milk. 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.

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.

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 eight times a day will give you the best results if you’re interested in maximum production.

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 nearest milk bank.

I want to suppress my milk

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 leaking milk.

Wear a bra that supports your breasts and is not too tight or too loose. “Binding” the breasts (wrapping breasts tightly) to suppress milk is not recommended and can cause plugged milk ducts and breast infections.

Cool compresses can be used to relieve swelling and minor discomfort. Expressing small amounts of milk may also relieve some of the pressure. If you experience pain, tenderness, or warmth in your breasts, or general achiness or fever, contact your healthcare provider or lactation consultant.

Giving my milk to help babies 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 my 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

Mother’s milk is liquid gold to babies who are fighting for their lives. It can mean the difference between life and death.

– Jeffrey Hanson, MD, neonatologist