

Donor Pre-Qualification Guidelines



Breast milk donation is a cherished and unique gift that only a mama can give. Below are general guidelines to donate milk through Milkin' Mamas Breast Milk Donations.

You are **LIKELY** to qualify as a donor if:

- You are generally healthy
- You do not take medication on a regular basis
- Your baby is doing well
- You do not smoke
- Your home freezer reaches the appropriate temperature

You **MIGHT** qualify as a donor if:

- You have had a major illness in the last 12 months
- You have heart disease or high blood pressure
- You have had vaccinations or shots in the last 12 months
- You have had major surgery in the last 12 months
- You have taken certain medications in the past 1-3 years
- You take any medications for longer than 2 weeks
- You have ever tested positive for tuberculosis (TB)
- You have a history of cancer
- You have had recent significant weight loss
- You drink caffeinated beverages or alcohol in moderation
- You received blood or blood products long than 12 months ago
- You take any herbal preparation, teas or supplements for longer than 2 weeks

You **DO NOT** qualify as a donor if:

- You have ever been infected with HIV
- You are diabetic requiring insulin injections
- You have ever received human pituitary growth hormone or dura mater transplant
- You have a family history or increased risk for Creutzfeld-Jakob Disease (Mad Cow Disease)
- You have ever injected illegal drugs
- You have ever had intimate contact with anyone at risk for HIV, HTLV or infectious hepatitis
- You smoke, use any tobacco product or a nicotine patch
- Your baby is breastfed and not gaining weight or growing as well as expected
- You have been in the UK for 3 months or more cumulatively from 1980 to 1996
- You have been in Europe for 5 years or more cumulatively from 1980 to present