



MOTHER'S MILK *Bank of Iowa*

The Mother's Milk Bank of Iowa needs remarkable you.

Milk donors are the foundation of any milk bank. Without these remarkable women, a human milk bank, like the Mother's Milk Bank of Iowa, could not exist. Through their generous gifts of milk, tiny babies and larger babies have the opportunity to thrive and grow.

Are you one of these remarkable women?

To donate, you must be in good health, be nursing, and be willing to share extra milk. Donors must be willing to pump and store milk according to milk bank guidelines and be willing to donate a minimum of 200 ounces of milk.

Donors:

- Are non-smoking
- Are not taking medication (with a few exceptions)
- Should not consume alcohol 12 hours before pumping milk to donate

“With my second child I had an overabundance of breast milk. The time spent pumping can be boring and repetitive, but knowing I was not only helping my child but many other babies made it much easier. I found the experience to be self-fulfilling, and I encourage any mother who is capable to consider donating.”

*Billi Jones
Donnellson, IA*



All milk donor volunteers are screened thoroughly and carefully, much like a blood bank screens donors. Milk donors are screened for health behaviors and communicable diseases, including HIV, HTLV, Hepatitis B and C, and syphilis. All screenings are done through the Milk Bank at no cost to the donor. Each donor's primary care physician is asked to certify that the donor is in good health and is an appropriate candidate to donate milk.

There is no monetary compensation for donating. To donate human milk or for more information about the Mother's Milk Bank of Iowa:

- 877-891-5347 or 319-356-2652
- jean-drulis@uiowa.edu
- pager 1800
- fax 319-384-9933
- www.uihealthcare.com/milkbank
- Mother's Milk Bank of Iowa, Department of Food and Nutrition Services, University of Iowa at Liberty Square, 119 2nd Street, Suite 400, Coralville, Iowa 52241

“Our freezer was overflowing before I even returned to work and was told about the Milk Bank from the lactation consultant. I felt that it was important to share the blessing and give as much as I was able. The women at the Milk Bank were there to answer questions and make the process as easy as possible. It was my way of giving life to someone else. I was able to donate milk after two of my pregnancies. I would definitely do it again if the opportunity arose.”

*Elizabeth Lippert Kane
Decorah, Iowa*

