

**Sinai Health**

Rogers Hixon Ontario  
Human Milk Bank

PROVIDES PASTEURIZED  
HUMAN DONOR BREAST MILK  
TO HELP PROTECT  
THE **MOST**  
MEDICALLY  
FRAGILE BABIES

## WHY DONATE YOUR BREAST MILK?

- Donor milk **helps save** hospitalized babies lives
- Donor milk contains bioactive components, including hormones and enzymes, that **optimize** baby's health and development

### YOU MAY BE ELIGIBLE TO DONATE IF YOU ARE:



Nursing a baby up to 18 months of age



Free from smoking, illegal drug use and regular alcohol use



In good general health



A bereaved mother who wishes to donate her breast milk to help another baby

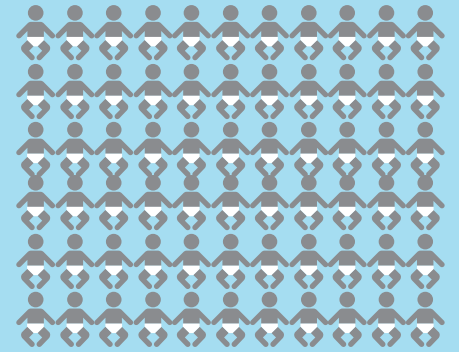


Able to donate a minimum of 5 litres



Not currently taking medications (except daily vitamins and some hormone replacements)

Approximately **1,000**  
fragile hospitalized babies could benefit from donor human milk in Ontario **EVERY YEAR**



## HOW IT WORKS

**1**

TO BE A DONOR, ALL YOU HAVE TO DO IS:



Visit [milkbankontario.ca](http://milkbankontario.ca)

Complete a screening questionnaire, sign a consent form and have a blood test

Pump and store surplus breast milk with guidance from Milk Bank staff

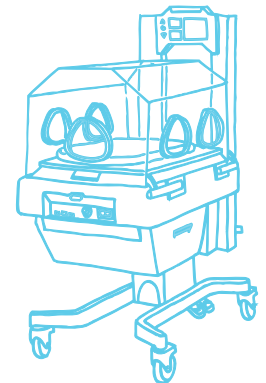
**2**

ONCE DONOR BREAST MILK is received and pasteurized to eliminate harmful bacteria, it is provided by prescription to hospitalized babies throughout Ontario



**3**

YOUR DONATION HELPS:



- Protect babies against the risk of:
  - necrotizing enterocolitis, a severe bowel condition that primarily targets preterm babies
  - other serious illnesses and infections
- Provide preterm and medically fragile babies with optimal nutrition for a healthier start

**Visit [milkbankontario.ca](http://milkbankontario.ca)**