

APPENDIX 2

SUPPLEMENTS TO CHAPTER 4

Section 4.5 Donor breast milk - milk bank

To donate milk to a milk bank, there are several steps to follow

1. Go through a rigorous screening process, including an interview to establish medical history and lifestyle, and a blood test to check for infectious diseases.
2. Donors are given information on the precautions to be taken in order to ensure the safety and quality of the milk donation, i.e. proper techniques for hand hygiene, cleaning the breast pump, storing and transporting the milk to milk banks.
3. Donors must deliver frozen milk directly to the milk bank, to the collection point collection point, or arrange for it to be sent to the milk bank.
4. On arrival at the milk bank, the milk is pooled, inoculated, pasteurised and stored in accordance with the feeding guidelines established by the by the Canadian Food Inspection Agency.
5. All beneficiaries must receive a medical prescription and provide written consent.

If you produce a lot of milk and would like to donate some to Héma-Québec's maternal milk bank, visit their site to find out if you are eligible to find out if you are eligible and the exact procedure to follow: <https://www.hemaquebec.ca/en/mothers-milk-donation>