



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. Milk usually comes in around 3 to 5 days after a baby is born. Your breasts will feel fuller and may leak colostrum (golden like honey) or milk (yellow or white and creamy). Everyone experiences this process differently. Whether your milk is just coming in or you have been making milk for a while, you have the choice to express or suppress your milk.



CONTACT INFORMATION



6208 Montgomery Blvd NE Suite D
Albuquerque, NM 87109



505.508.5291



505.508.5428



info@swmilkbank.org

WHO WE ARE

Southwest Mothers' Milk Bank provides donor milk to premature and medically fragile infants in New Mexico and across the United States when their mother's own milk is not available. We are a member of HMBANA and follow strict standards to ensure the safety of all recipients. As a 501c3 non-profit milk bank, we are committed to helping infants access the best nutrition possible by providing human donor milk and supporting ongoing human lactation within the community.



SOUTHWEST

Mothers' Milk Bank



LACTATION AFTER LOSS

Options After the Loss of Your Baby



SUPPRESSING YOUR MILK

Suppressing your milk will stop the production. This can be done when your milk first comes in or later, after you have expressed some of your milk. If you do nothing to stimulate your breasts, your body will stop making milk and your milk supply will slowly dry up. This process may take several days.

While your milk is drying up, you may feel discomfort and you may leak some milk. Wear a bra that supports your breasts--not too tight or too loose--and use nursing pads to absorb any leaks. Cabbage leaves and cool compresses can be used to relieve swelling and discomfort during this process. You may also choose to express small amounts of milk to relieve pressure. Be careful to only express enough to relieve the discomfort, as emptying your breasts stimulates milk production.

Binding your breasts (tightly wrapping them) is not recommended as a method of milk suppression. It can lead to plugged ducts and breast infections.

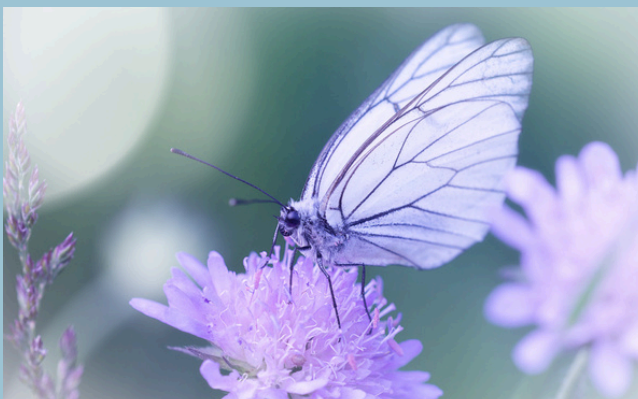
If you experience difficulties with suppressing you milk, contact your healthcare provider or a lactation consultant.

EXPRESSING YOUR MILK

You can express your milk for a short or long time. Milk can be expressed by hand, with the help of a pump, or a combination of the two. Early stimulation of your breasts will help you build up a good milk supply. Expressing 8 or more times a day will give you the best results in establishing your supply. If you already have a supply, continue expressing as often as you are comfortable.

Expressed milk may be donated in honor of the baby you have lost. Donating your milk to a non-profit milk bank is an incredibly generous, compassionate act. Donated milk is used to feed sick and premature infants whose mothers cannot provide their own milk for a variety of reasons.

If you have questions about expressing or storing your milk, call your healthcare provider, a lactation consultant, or Southwest Mothers' Milk Bank.



DONATING YOUR MILK

If you choose to express and store your milk, you may be able to donate to help fragile infants live. Donating through Southwest Mothers' Milk Bank, a non-profit milk bank located in Albuquerque, New Mexico, is a safe way to share your milk.

There are 4 steps to become a donor:

- Initial Screening--this takes about 5 to 10 minutes and can be completed in person, over the phone, or online
- Donor Application--this is typically completed online, but paper versions are available
- Provider Release--our staff will request that your provider fill out and sign a provider release
- Blood Test--we pay for all of our donors to have their blood drawn and tested

Once approved, you are ready to donate as often as you choose. You can donate at one of our donation stations, schedule a pick up, or ship your donation at our expense.

We provide milk storage bags and nursing pads to our donors upon request. We can also provide you with a prescription for a breast pump if you need one.