

Did you  
know?



The Oklahoma Mothers' Milk Bank is a non-profit human milk bank that serves all hospitals in Oklahoma.

We ensure that our donated human milk is safe and meets the Human Milk Banking Association of North America's standards.

Supported by:



Mobilizing the Healing Power of Donor Milk



Oklahoma State Department of Health

**COBA** Coalition of Oklahoma Breastfeeding Advocates

**Oklahoma Mothers' Milk Bank**

[www.okmilkbank.org](http://www.okmilkbank.org)

901 North Lincoln Blvd. Suite 330

Oklahoma City, Oklahoma

(405) 297-5683

**Oklahoma Breastfeeding Hotline**

1 (877) 271-MILK



MILK WHILE

mourning

Answering your questions about breast milk after the loss of your baby.

# WHY AM I MAKING MILK

*when I don't have my baby*



The birth of your baby increases hormones that tell your body to make milk. Your milk will increase 3-5 days after you deliver. Your breasts will feel fuller and may begin to leak. If you're just starting to see more milk or if you have been making milk for a while, you have some options.

I WANT TO

*express my milk*

You can express your milk for a short or long time. You can express by hand or with a breast pump.

Questions about pumping and hand expression can be answered by your hospital's lactation consultant or by contacting the Oklahoma Breastfeeding Hotline at 1-877-271-6455.

As milk supply is built, you can express as often as you feel like it. Expressing eight times per day will increase your supply if you want to donate it.

OR

I WANT TO

*stop making milk*

Doing nothing to empty or stimulate your breasts will tell your body to stop making milk.

It may take a week or more, and you may feel some discomfort. Wearing a comfy bra and putting cold packs on the breast can help with swelling.

"Binding" or wrapping your breasts tightly is not advised. It can cause plugged ducts and breast infection.

If you have pain, redness, warmth in your breasts, or flu-like symptoms, contact your doctor or lactation consultant.

## How do I donate my milk?

Donating your milk to the Oklahoma Mothers' Milk Bank is a safe way to share your milk with sick and preterm infants. Some grieving mothers find this to be a special way to honor their baby after a loss.

If you have your milk stored in a freezer, you may be able to donate it to the milk bank. The steps are simple.



**Call for a phone screening or apply online at [okmilkbank.org](http://okmilkbank.org).**



**Fill out and return your medical history forms.**



**Have your blood drawn. All costs will be covered by the milk bank.**

When you have been approved as a donor, you can start dropping off your stored milk. We have drop off sites around the state. You can choose to be a donor for as long as you like.