

## Frequently asked questions

**What health conditions may prevent someone from donating?**

Women with specific health conditions may not be eligible to donate their breast milk, including women with chronic infections or chronic health conditions.

**Are donors paid for their milk?**

No. We rely on the goodwill of mothers who voluntarily give their extra milk to help save a baby's life.

**Is there a cost for mothers to ship their milk to the Milk Bank?**

No. Shipping arrangements to the Milk Bank are provided free of charge.

**Is there a cost to families for their baby to receive donor milk?**

No. Donor milk is provided free of charge to hospitalized babies by prescription.

## Want to know more?

For more information and to find out if you are eligible to donate, please visit **[milkbankontario.ca](http://milkbankontario.ca)**

**More than 1,500 fragile hospitalized babies across Ontario could reduce their risk of medical complications by receiving donated human milk every year.**

**Funded in part by the Government of Ontario**

The Rogers Hixon Ontario Human Milk Bank is a non-profit organization and member of the Human Milk Banking Association of North America.

**Help Save  
a Baby's Life**

**Donate your extra  
breast milk**



Located at:  
Mount Sinai Hospital  
Joseph & Wolf Lebovic Health Complex  
18-252 600 University Avenue  
Toronto, Ontario M5G 1X5  
[info@milkbankontario.ca](mailto:info@milkbankontario.ca)  
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**The Rogers Hixon  
Ontario Human Milk Bank**  
Mount Sinai Hospital  
Joseph & Wolf Lebovic Health Complex

## The Rogers Hixon Ontario Human Milk Bank

Donated human milk can help save a hospitalized baby's life. Studies have shown that it reduces the rate of medical complications and gives babies a fighting chance.

Due to medical complications, most preterm babies in hospitals across Ontario don't have access to a full supply of their mother's own milk, putting them at risk of life-threatening complications.

The Rogers Hixon Ontario Human Milk Bank, located at Mount Sinai Hospital, collects, pasteurizes and distributes donated human milk to hospitals across Ontario and is given by prescription to the most vulnerable babies.



## Why donate human milk?

While a mother's milk is the gold standard for her baby, many mothers of extremely vulnerable hospitalized babies are unable to provide the necessary volume of milk.

Pasteurized donor milk is recommended by The Canadian Paediatric Society and endorsed by the American Academy of Pediatrics and the World Health Organization.

- Protects against serious life threatening infections associated with preterm babies
- Easily digested

## The safest way to donate your extra breast milk:

Pasteurized donor milk in our Milk Bank goes through a rigorous testing process to ensure its safety. Health Canada warns against informal breast milk sharing.

### How to become a milk donor

#### Step 1

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

#### Step 2

Watch the short video under  
*How to Donate*

#### Step 3

Fill out the on-line  
screening form

## How you can help:

You may be able to donate your extra breast milk if you are:

- Nursing a baby who is less than 18 months of age
- In good general health
- Willing to complete a screening questionnaire and have a blood test
- Not currently taking most medications (except some supplements)
- Free from smoking, illegal drug use and regular alcohol use

Bereaved mothers who wish to donate their breast milk to help another baby are also welcomed.

