

Did you
know?



The Oklahoma Mothers' Milk Bank is a non-profit human milk bank that serves families in the Midwest.

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



Kansas Breastfeeding Coalition, Inc.

Oklahoma Breastfeeding Hotline

1 (877) 271-MILK

Or text OK2BF to 61222

Available to those outside of Oklahoma

Oklahoma Mothers' Milk Bank

www.okmilkbank.org

940 NE 13th St Garrison Tower #1220,

Oklahoma City, OK 73104

(405) 297-5683



OKLAHOMA
mothers' milk bank



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.

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.

Kansas residents can find local breastfeeding help at ksbreastfeeding.org/local-resources/



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.



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. You can choose to be a donor for as long as you like. Find a drop off site at okmilkbank.org/okc-drop-off-locations/



Drop-off locations in Kansas:

Chanute, Kansas City metro, Manhattan, Salina, Topeka, and Wichita