



BREAST MILK SHARING GUIDELINES

Date your Donor

Our app is similar to a dating app in form and functionality. Use those same sleuthing skills here!

Use our screening questions as a starting point to make sure you know and trust your source.

Find mutual friends, ask for references, whatever makes you feel comfortable in the relationship.

Make Good Choices

Do your research. Understand your options, including risks and benefits of all infant and child feeding methods.

As a donor, we hope you exclude yourself from sharing if any medical or lifestyle concerns are present.

Wash your Stuff

This includes your hands prior to pumping/expressing as well as all of your parts.

Luckily, nipples are self-cleaning (cool!), but always check for sores, blisters, cracks.

Milk should be properly handled, stored, labeled, and transported.

DATE YOUR DONOR



We like to compare the intimacy of breast milk sharing between two people to that of sexual partners. You should ask the same types of questions, have mutual trust and understanding, and feel safe and comfortable. We recommend these two pathways to get there.

LIFESTYLE COMMUNICATION

Use our short bios and messaging feature as an Initial means of getting to know someone. You are entitled to ask a donor for references, mutual friends, or an example of a day in their life. We recommend using our donor screening checklist for a list of helpful questions to ask during the

Non-infectious contaminants like alcohol, nicotine, or other substances should be discussed. As a donor or recipient, you can purchase strips that test milk for some of these contaminants if it is a concern.

RECENT RESULTS

Our app offers donors a profile badge when they are willing to share test results. Look for this badge if you want to see recent medical information, like bloodwork.

Many women have access to bloodwork from their prenatal appointments which can be shown to potential recipients, if willing. Donors should be free of communicable diseases - HIV/AIDS, HBV, HCV, WNV, HTLV, CMV, syphilis, or rubella.

If you want to get updated testing, talk to your medical provider. For those without insurance, there are free clinic options as well as the testing included in becoming a blood donor.



MAKE GOOD CHOICES



At Share the Drop, we believe that healthy, commerce-free donor milk is an amazing option for babies when parents struggle to or cannot produce breast milk on their own. Think: gay couples, foster/adoptive parents, under-producers, breast cancer survivors, children who lose their mother at birth, the list goes on!

But, as with everything in life, there are inherent risks to using milk that is not your own. By following our guidelines, you agree to opt-in to our community of parents and baby-feeders with the best of intentions to #feedallthebabies.

Making a good choice entails weighing all of the options and examining credible and relevant information while considering possible adverse effects or consequences.

Today, milk banks have set the medical standard for milk sharing – but these standards and protocols were influenced by those of blood banks, since milk is also a bodily fluid. Not all of the risks of donating blood are present when donating milk.

Note that our guidelines do not supersede advice from your medical provider, but we hope that an informed provider would support the parent's feeding choices.

MAKE GOOD CHOICES



SELF-EXCLUSION

Donors please consider excluding yourself from the app if any of the following apply to you:

- Poor general health
- Psychiatric disorders
- At risk for HIV/AIDS (including current sexual partner)
- Confirmed positive for HIV/AIDS, HBV, HCV, WNV, HTLV, CMV, syphilis, or rubella
- Current herpes outbreak
- Open sores, blisters, and/or bleeding cracks on skin
- Undergoing chemotherapy, radiation treatment, or thyroid scan with radioactive iodine
- Taking any medication contraindicated for breastfeeding
- In the fever stage of chickenpox or shingles
- Abusing drugs, alcohol, or over-the-counter medications
- Feeling coerced
- Having difficulty meeting the feeding needs of your own child/ren

WASH YOUR STUFF



KEEP IT SO FRESH

ROOM TEMPERATURE	4 HOURS	REFRIGERATOR (THAWED)	24-48 HOURS
INSULATED COOLER/ ICE PACKS	24 HOURS	FREEZER (REFRIGERATOR UNIT)	4-6 MONTHS
REFRIGERATOR (FRESH)	4-6 DAYS	DEEP FREEZER	6-12 MONTHS

To warm milk from the refrigerator, you can heat water in a cup and place milk inside the hot water or you can use a bottle warmer. Gently swirl milk to mix the fat that separates during storage. **Never** microwave milk directly or heat it on the stove.

AND SO CLEAN, CLEAN

Bacterial contamination can occur due to improper handling of breast milk pumping and storage supplies. Let's prevent that! You know the drill by now - wash your hands with soap and warm water while singing "Happy Birthday" (or maybe for you it's "Hokey Pokey"). Follow the washing and sterilization instructions for your specific pump and storage parts.

Additionally, breasts and body should be inspected for lesions, blisters, bleeding nipples before expressing milk if you are a carrier of Hepatitis B (HBV) or Hepatitis C (HCV). These viral diseases are not passed through breast milk, but could contaminate milk if an active infection is present.