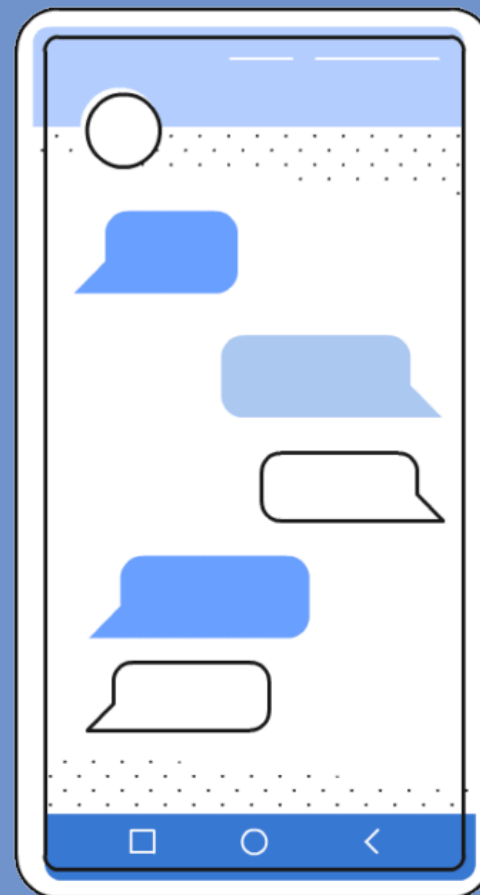


Monthly wellness check for donors:



**We need to chat with
you every 4 weeks
while you're
donating!**



We'll ask about your:

We'll ask about your:



- milk supply /
pumping routine
- baby's health



We'll ask about any:

➔ new diagnoses, both acute and chronic, and changes in medications + supplements



We'll ask about your:



exposure to

communicable diseases



**If anything's changed,
we want to know
about it!**

If anything's **changed,**
we want to know
about it!

**If anything's changed,
we want to know
about it!**

**If anything's changed,
we want to know
about it!**

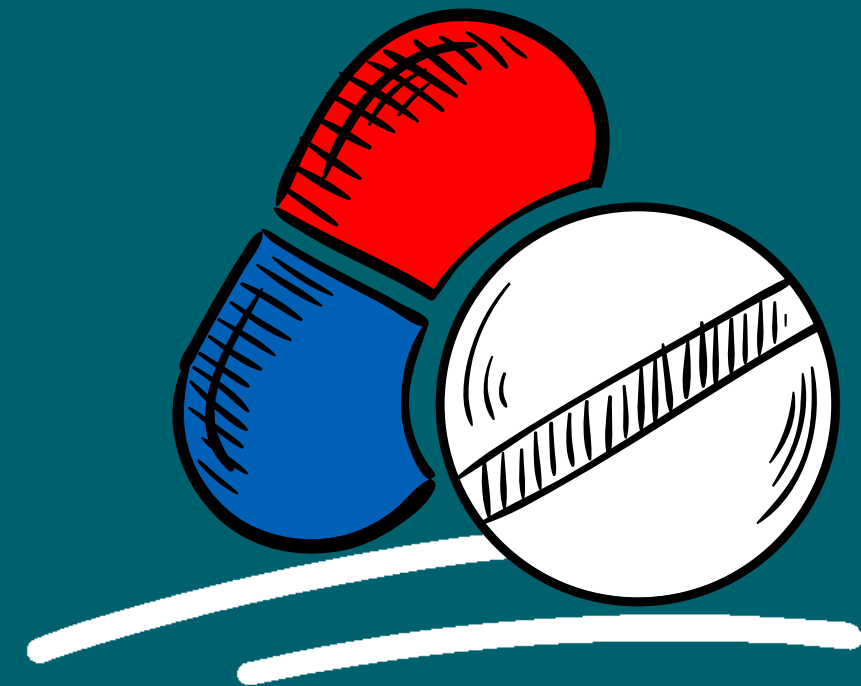
Always tell us when:

- Your alcohol intake has changed
- You have used a CBD product
- You have a new sexual partner



Always tell us when:

You get sick and need over-the-counter or prescription meds

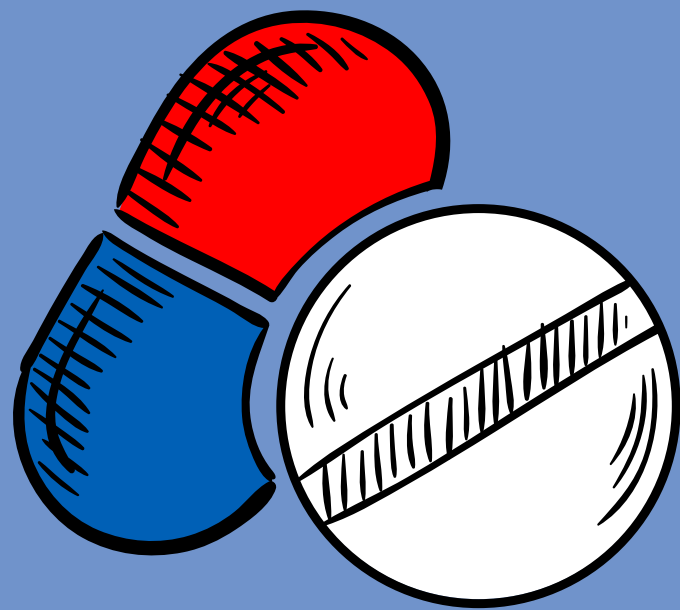


Medication restrictions for donors:

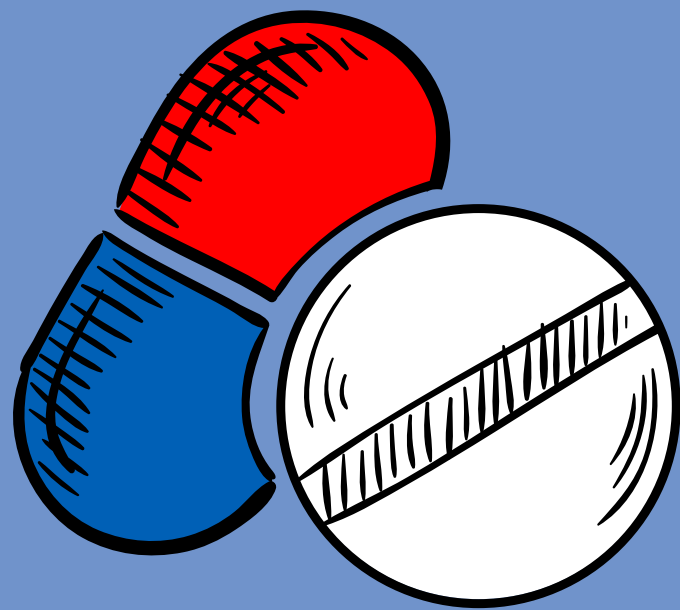


If you need medication,

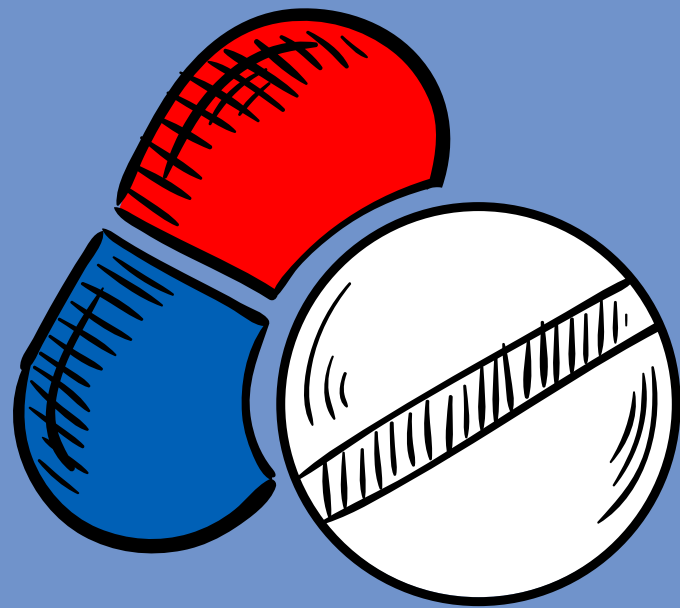
**If you need medication, change your
vitamins or supplements,**



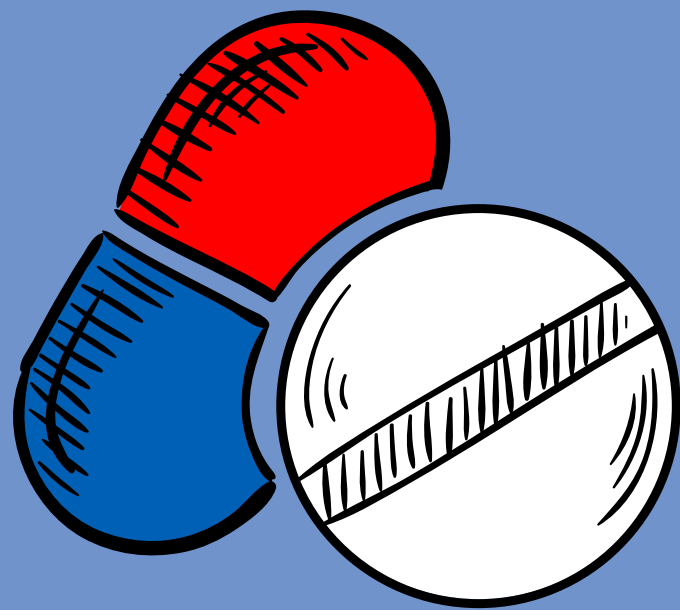
**If you need medication, change your
vitamins or supplements, get a vaccine,**



**If you need medication, change your
vitamins or supplements, get a vaccine, or
get sick,**



If you need medication, change your vitamins or supplements, get a vaccine, or get sick, call or email us and ask whether you should still donate your milk.



**We may tell you not to donate milk during
a “deferral period” that could last
anywhere from one day to a much longer
time frame.**

**NEVER NOT
PUMPING**
.....

We may tell you not to donate milk during a “deferral period” that could last anywhere from one day to a much longer time frame.

During this deferral period, continue pumping to keep up your supply, but don't donate that milk to us.

**NEVER NOT
PUMPING**
.....

**Alcohol
restrictions
for donors:**



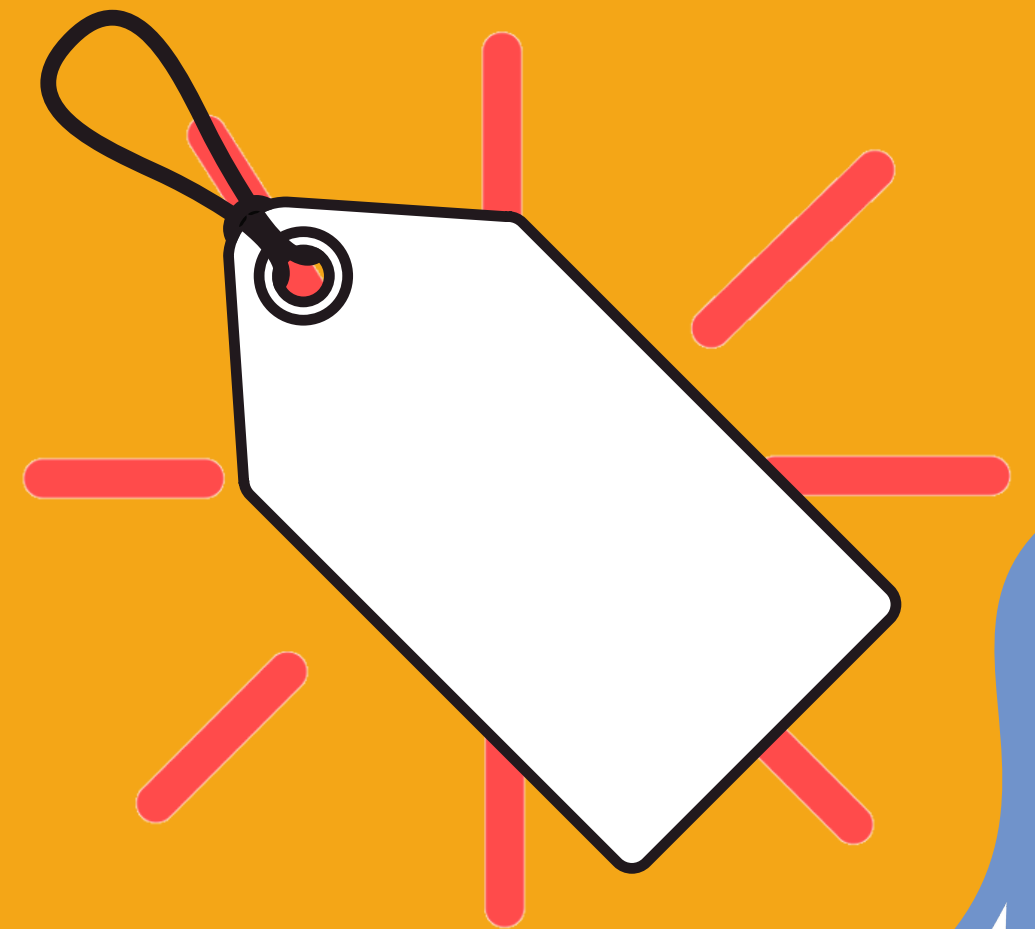
**Wait 6 hours before
pumping after each serving
of alcohol (12 hours after 2
servings, etc.)**



**If you do pump in
the first 6 hours,
don't donate that
milk.**



Mark the container with a red **X or something else that will visually remind you to keep that milk at home when you're preparing a donation.**



**Retiring
from
donation:**





**We'd love for you to donate as often as
you can while you producing more milk
than you need!**

If you don't respond to our wellness check every month, we're required to retire you from donation and won't be allowed to use any milk that you donate in future.



**So please be on the
lookout for our messages,
and reply to each wellness
check request to remain
an active donor.**

Thanks!



We'll check in each month until you stop breastfeeding or reach 15 months postpartum, to help you make your final donation.



Once you retire, you become a milk bank ambassador! Share your story with us and others. We'll send you a thank you gift in the mail with the total amount of milk you shared with fragile babies.



Thank
you!

