

Donor qualifications & eligibility

To ensure the safety of medically fragile infants who receive donor milk, certain health and lifestyle factors may make someone ineligible to donate. Please take a moment to carefully review the following.

General donor qualifications

- ✓ You are generally healthy
- ✓ You are currently breastfeeding and/or pumping and producing more milk than your baby needs
- ✓ You are willing and able to donate **at least 500 ounces** of breast milk
- ✓ Your donated milk must be **no more than 6 months old at the time of donation**
- ✓ Your milk must **not be heat-treated or freeze-dried**
- ✓ You are willing to complete required infectious disease screening/testing
- ✓ You agree to allow LactaLogics to contact your healthcare provider and your baby's healthcare provider
- ✓ You agree to follow LactaLogics' pumping, handling, storage, and donation guidelines

If any of the statements below apply to you, you may not be eligible to donate at this time.

Medical procedures & exposures

- Blood transfusion in the past 4 months
- Organ or tissue transplant in the past 12 months
- Tattooing, piercing, or permanent makeup with non-sterile tools in the past 12 months
- Accidental needle stick in the past 12 months

Partner risk (past 12 months)

- Injection drug use (illegal or non-prescription)
- Diagnosis of HIV, HTLV, Hepatitis B, Hepatitis C, or Syphilis
- Tattooing, piercing, or permanent makeup with non-sterile tools
- Incarceration longer than 72 consecutive hours

Health history

- HIV, HTLV, Hepatitis B, Hepatitis C, or Syphilis
- Active or past tuberculosis or malaria
- Cancer, leukemia, or lymphoma within the past 3 years
- Prior treatment with human growth hormone or brain tissue graft
- Family history of Creutzfeldt-Jakob Disease (Mad Cow Disease)

Travel or residence history

- Lived in the UK (1980–1996)
- Lived in France or Ireland (1980–2001)
- Lived on U.S. military bases in Europe during high-risk periods
- Blood transfusion in the UK, France, or Ireland (1980–present)

Medications & supplements

- Daily medications or herbal products that are not approved
- Use of megadose vitamins or supplements, which are generally not permitted. Exceptions may be considered on a case-by-case basis and require approval from our Medical Director.

Substance use

- More than 1 standard alcoholic drink in a 24-hour period
(12 oz beer, 5 oz wine, or 1.5 oz liquor)
Milk expressed during or within 24 hours after alcohol consumption is not eligible for donation and must be discarded.
- Caffeine consumption exceeding 300 mg per day, including caffeine from coffee, tea, soda, energy drinks, and certain medications
Donors who significantly exceed this limit may be subject to a one-week deferral before milk is eligible for donation.
- Use of illegal drugs
- Use of tobacco or nicotine products (including gum or patches)
- Use of marijuana or THC (with or without a prescription)

This guide provides general eligibility guidelines. Final eligibility is determined through LactaLogics' screening and approval process.