

# Donor Qualification Guidelines

**IF**

- » You are generally healthy
- » You do not take medication on a regular basis
- » Your baby is doing well
- » You do not smoke
- » Your home freezer reaches the appropriate temperature



**THEN you are LIKELY to qualify as a donor**  
Contact your local milk bank

**IF**

- » You have had a major illness in the last 12 months
- » You have heart disease or high blood pressure
- » You have had vaccinations or shots in the last 12 months
- » You have had major surgery in the last 12 months
- » You have taken certain medications in the past 1-3 years
- » You take any medications (e.g. birth control pills, thyroid) for longer than 2 weeks
- » You have ever tested positive for tuberculosis
- » You have a history of cancer
- » You have had recent significant weight loss
- » You drink caffeinated beverages or alcohol in moderation
- » You received blood or blood products longer than 12 months ago
- » You take any herbal preparation, teas or supplements for longer than 2 weeks
- » You have lived in Europe for 3 months or more between 1980 to present



**THEN you MIGHT STILL qualify as a donor**  
Contact your local milk bank for details

**IF**

- » You have ever been infected with HIV
- » You are diabetic requiring insulin injections
- » You have ever received human pituitary growth hormone or a dura mater transplant
- » You have a family history or increased risk for Creutzfeld-Jakob Disease (Mad Cow disease)
- » You have ever injected illegal drugs
- » You have ever had intimate contact with anyone at risk for HIV, HTLV or infectious hepatitis
- » You smoke, use any tobacco product or a nicotine patch
- » Your baby is breastfed and not gaining weight or growing as well as expected



**THEN you DO NOT qualify as a donor.**