

# Cira

## Lactation Consulting Services

414-7581557

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<https://cvcira8.wixsite.com/ci...>

## MILK BANK PICK UP SITES

In the Milwaukee area, there are two dispensaries (places that distribute milk) that supply pasteurized human donor breastmilk (PHDM). This milk is supplied to them by the Mother's Milk Bank of the Western Great Lakes in Chicago. They make sure that the mothers are screened for diseases and drugs, that the milk is pasteurized and is checked for safety.

Both dispensaries will give you up to 10 bottles without needing a prescription from your baby's doctor. Each bottle is 4 oz. (120ml) and costs \$20 (now). You will only need donor milk until you are producing enough milk to meet your baby's needs. Before going to any dispensary, it is best to call and check on availability and pricing.

### **Predicting how much milk you need:**

- A baby taking 15 ml of PHDM), 8 times a day, will need a 120ml per day (15 X 8 = 120).
- A baby taking 30 ml of PDHM every 3 hours (8 times a day) will need 240 ml (30 X 8 =240).
- Purchase enough breastmilk to last a couple of days (until your mature milk production starts).
- Follow your pediatrician's guidelines regarding how much milk the baby needs at every feeding.
- If your milk is not coming to volume by day 5 or 6 please call me at 414 – 758 – 1557.

<u>Custom MD RX</u>	<u>The Authentic Birth Center</u>	<u>Mother's Milk Bank of the Western Great Lakes</u>
19035 West Capital Drive #105 Brookfield, WI 53045 262 -373 --1050  Open Monday- Friday 9:30 AM – 6:00PM	530 North 108 <sup>th</sup> Place Wauwatosa, WI 53226 414 - 231 - 9640  Monday – Thursday 8:30 AM – 5 PM Fridays 8:30 AM – 12:30 PM Sundays By appointment only	1691 Elmhurst Road Elk Grove Village, IL 60007 847 – 262 – 5134  Monday – Thursday 9 AM – 5 PM Friday 9 AM - 2