

DONOR MILK INFORMATION SHEET FOR PARENTS AND FAMILIES

What are the benefits?

Research shows that mother's milk contains a unique and powerful combination of nutrients important for infant health. Mother's milk supports growth and development as well as boosts the baby's ability to fight infection. It is easy to digest and can promote overall health of the baby's digestive system.

What is it?

Pasteurized or heat treated human milk is donated milk that comes from a certified milk bank and is specially processed so it can be given to any baby. Pasteurization is used to kill known viruses and bacteria if present in the milk.

When is it recommended?

Mother's own milk is always preferred, however when this is not available, donor milk may be the best option in order to meet the nutritional needs of your baby.



Is Pasteurized human milk safe?

Donor milk is carefully screened for safety. All donors are healthy nursing moms who must meet the Mother's Milk Bank strict standards, including:

- Free from medication while collecting milk
- Pass blood tests with no detection of HIV-1 and HIV-2, Hepatitis B and C, HTLV-1 and 2 and syphilis

All milk is pasteurized, and appropriate laboratory tests are performed prior to milk distribution.

What are the alternatives?

Infant formula is an alternative to donor human milk if mother's own milk is not available. However, infant formula does not offer the same protective factors found in human milk.

What if I have more questions?

Talk to a member of the medical team or your lactation consultant if you have questions about the use of donor human milk for your baby. You can also learn more about banked donor milk from HMBANA at <http://www.hmbana.org>. HMBANA can also be contacted at 919-861-4530. We do not recommend unpasteurized breastmilk that is not from a certified milk bank.