



Why Donor Human Milk?

- Your milk is always best, but when it can't come from you, breast milk given by other healthy mothers is the next best thing.

Did you know?

- Human milk is the best food for your baby
- Human milk is more easily digested and helps lay a foundation for a healthy digestive tract
- Human milk contains antibodies to fight disease and infection with many components not found in formula
- Supplementing with donor human milk when needed has been shown to support breastfeeding.

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MOTHER-BABY UNIT & NEONATAL INTENSIVE CARE UNIT



Donor Human Milk

For Premature Infants & The Breastfed Infant
with Medical Reasons



UVMHealth.org/Childrens

THE
University of Vermont
Children's Hospital

Donor Human Milk

Donor human milk is recommended by the American Academy of Pediatrics and World Health Organization in times when a mother's own milk is not available or there is not enough volume. The use of donor milk allows the infant to receive both the mother's own milk as well as donor human milk.

ABOUT DONOR HUMAN MILK

Milk Bank donors are mothers just like you. They are usually nursing their own babies and producing more milk than their baby can use. They choose to donate this extra milk to a milk bank.

They receive no payment. Only healthy women who are non-smokers and have a healthy way of living are accepted as donors.

Our hospital obtains milk from Mother's Milk Bank in Ohio. The milk bank follows the mandatory guidelines from the Human Milk Bank Association of North America (HMBANA) to ensure the safest product.

All donors are screened for HIV, Human-Lymphotropic Virus (HTLV), syphilis and hepatitis. There are no known cases of pasteurized donor human milk infecting a baby with the AIDs virus or other diseases.

All milk has been pasteurized and then screened for bacteria after pasteurization before it is released from the milk bank.

WHY DOES MY BABY NEED DONOR HUMAN MILK?

IN THE NICU:

In premature infants, human milk has been shown to lower the chance of serious intestinal infections. Mother's own milk is best, but until a mother has enough, premature infants are offered donor human milk.

IN THE MOTHER-BABY UNIT:

Medical reasons for supplementing a breastfeeding baby include:

- Hypoglycemia (low blood sugar)
- Excessive weight loss
- Other reasons as determined by the baby's care team

HOW LONG WILL MY BABY BE GIVEN DONOR HUMAN MILK?

IN THE NICU:

To meet his or her special needs, your baby may receive donor human milk for a few days in addition to any you produce. Typically, you will be making enough milk to meet all of your baby's needs within a few days after birth.



A little later, fortifiers will be added to the breast milk. Fortifiers add nutrients to breast milk that all very low birth weight infants require to grow. Adding fortifiers to breast milk typically occurs by the time the baby is 2 weeks old.

For babies who are not receiving mother's milk, donor human milk is available to be given until the baby is ready for a change to a premature infant formula.

IN THE MOTHER-BABY UNIT:

Donor human milk is temporary. Our goal is to help you make all the milk that your baby needs.



Most babies will need only one or two feedings of donor human milk. If the need arises for more milk, this would always be given with close attention to helping a mother make more of her own milk.



ESTABLISHING A MILK SUPPLY

Whenever possible a mother's own milk is used for feeding the newborn when breastfeeding is the plan for the family. For all babies, the first breastfeed or pumping session is *within an hour* of birth if possible.

These actions help support a mother's own milk supply:

- Skin-to-skin—placing an unclothed diapered baby on mother's bare chest as much as possible.
- Feeding the baby at the breast or pumping the breasts at least 8-12 times in a 24-hour period.
- Supporting the baby to achieve a good latch to effectively remove the milk.
- If needed, hand expression of the colostrum or using a mechanical pump to remove milk from the breast until your baby can successfully empty the breast.