

WHAT IS DONOR BREAST MILK?

Donor breast milk is human breast milk that comes from a certified milk bank. Following strict guidelines, all donors are screened and approved to ensure that milk is free from medications, viruses and bacteria. The donated breast milk is processed, tested and gently pasteurized.

WHAT ARE THE BENEFITS?

Research shows that breast milk contains a unique and powerful combination of nutrients important for infant health according to the Centers for Disease Control and Prevention. 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.

WHEN IS IT RECOMMENDED?

Mother's own milk is always preferred. However, temporary factors such as low blood sugar, phototherapy, dehydration, delayed feeding, even with the help of the nursing staff and lactation, including pumping her own breast, can interfere with milk production. In this case, donor milk may be the best option in assisting a mother in her breastfeeding journey.

DONOR MILK VS. FORMULA

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

If you have further questions about using donated breast milk, talk to a member of the medical team or your lactation consultant.



Childbirth Center

► **For additional information, visit [nwths.com/baby](https://www.nwths.com/baby).**

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