



# Donor Breastmilk

## What is donor milk?

- + Human milk is donated milk that comes from a certified milk bank
- + Donor milk is carefully screened for safety
- + Breast milk is donated by screened and approved mothers
- + Strict guidelines, including free from medications, viruses and bacteria
- + 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. Mothers milk support 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?

Mothers 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. Donor milk may be the best option in assisting mother in her breastfeeding journey.

## Donor Milk vs Formula

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 nutritional and protective factors found in breastmilk.

## 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 breastmilk for your baby. You can also learn more about banked donor milk from HMBANA at [www.hmbana.org](http://www.hmbana.org) or 919-861-4530.