



# Human donor milk for your baby

## Breastmilk is the best food for babies

Breastmilk is the optimal food for infants. When a mother's own milk is not available, pasteurized donor human milk from an accredited milk bank is often the next best option.

### Benefits of Breastmilk

- Provides ideal nutrition for infants
- Supports healthy growth and development
- Helps protect infants from illness
- Is typically easier to digest than formula

## Some babies may need supplementation

Some infants may require supplementation for medical reasons. Families may choose to supplement with human donor milk (HDM) or commercial infant formula.

Some infants are sensitive to cow's milk protein found in formula. When infants receive their mother's own milk instead of formula, they may have decreased risk of ear infections, asthma, eczema, and respiratory infections. HDM does not provide all the same benefits as a mother's own milk but does contain anti-infective properties and nutrients not found in formula.

## What is Human donor milk?

Milk banks receive milk from donors who are thoroughly screened for health behaviors and communicable diseases including HIV, hepatitis B, hepatitis C, and syphilis. Donors must not smoke, drink alcohol, or take medications regularly. Milk is heated using standardized pasteurization methods to eliminate harmful germs. It is also tested both before and after pasteurization to ensure safety.

## Types of human donor milk available

### Northwest Mother's Milk Bank

NWMMB provides frozen donor human milk processed through Holder pasteurization. NWMMB is a nonprofit organization and an accredited member of the Human Milk Banking Association of North America.

More information: <https://www.donatemilk.org>

### Ni-Q HDM

Ni-Q produces shelf-stable donor human milk processed using high-heat treatment.

More information: <https://www.ni-q.com>

If you prefer frozen or shelf-stable donor milk, inform your care team. Preferences will be honored based on supply availability. Donor milk is usually provided for up to five days while you establish your own milk supply.

## Purchasing human donor milk

If you desire HDM when you go home, you may need a prescription from a hospital pediatrician. For more information on how to purchase milk, ask your care team and go to the NWMMB and Ni-Q websites. NWMMB has Evi's and Abi's scholarship funds available.

## Protect your milk supply

Keep pumping regularly to keep your milk supply up if your baby is supplementing. Once for each time the baby receives a supplement or eight times in a 24-hour period if baby isn't latching. If you are advised to stop pumping or discard your milk; please check with us first! "Pump and Store until you know more!"