

## Donor Human Milk

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A mother's own milk is the best food for her baby. But when a mother can't provide breast milk, heat pasteurized human milk from healthy donor mothers is the next best thing.

### **What are the benefits of human milk?**

Human milk has multiple benefits. It contains antibodies, special sugars and enzymes that fight infections. Babies who are fed human milk have fewer ear, lung and digestive tract infections. Human milk also decreases the risk of allergies, diabetes and leukemia, and is associated with improved intelligence and heart health.

Human milk is especially important for premature babies. It contains hormones and growth factors that assist in the development of the digestive tract and decreases the risk of a severe intestinal infection called necrotizing enterocolitis (NEC). Human milk has been shown to improve eye development and long term brain development in premature babies as well.

### **What is heat pasteurized donor human milk?**

Heat pasteurized donor human milk is breast milk that is donated by healthy women who have excess milk. The donated breast milk is heated to a high temperature using a method called **Holder pasteurization** which eliminates most viruses and bacteria. Heat pasteurized donor milk has many of the same benefits as a mother's own milk.

### **Where does heat pasteurized donor human milk come from?**

The Human Milk Banking Association of North America (HMBANA) is a nonprofit organization that was established to ensure the quality of donor human milk. Milk banks that operate under HMBANA guidelines screen healthy, breastfeeding women and accept their milk donations. The milk is heat pasteurized and then tested to ensure the pasteurization process was successful. The final product is frozen and distributed to those with a prescription from a physician.

Bronson Mothers' Milk Bank in Kalamazoo is the only HMBANA accredited milk bank in Michigan.

The Milk Room on the 8<sup>th</sup> floor of C.S. Mott Children's Hospital is where breast milk, donor milk, and formula is stored and prepared in a clean, accurate, and safe way for patients in the hospital.

### **Is my baby a candidate for the donor human milk program?**

Candidates for the University of Michigan Donor Human Milk Program at C.S. Mott Children's and Von Voigtlander Women's Hospitals are babies who:

- were born before the 32<sup>nd</sup> week of pregnancy or
- weighed less than 3.3 pounds (1500 grams) at birth.

### **Can I purchase heat pasteurized donor human milk if my baby does not qualify for the donor human milk program?**

Yes. Please contact Bronson Mother's Milk Bank at (269) 341-6146 for more information on how to purchase.

## **Can I use human milk that is donated by a friend or family member or sold on an internet site?**

We do not recommend using human milk donated directly from a friend, family member or stranger that individually sells breast milk online. Babies who are fed with milk that did not come from their mothers and was not heat pasteurized are at risk for serious infections such as:

- Human Immunodeficiency Virus (HIV)
- Hepatitis B and C
- Cytomegalovirus (CMV)
- Herpes Simplex Virus (HSV)
- Syphilis
- Bacteria (including MRSA) and other potential viruses.

If you choose to use non-pasteurized donor human milk for your hospitalized baby, additional testing and medical liability waivers are required.

## **How can I become a human milk donor?**

Your milk is the best food for your baby so it is important to make sure that your baby gets as much of your milk as needed. If you feel that your milk supply is enough to provide more than what your baby needs, you might be a good candidate for milk donation. Please contact the Bronson Mothers' Milk Bank at (269) 341-6146 for more information.

## **How can I find out more information?**

- **Milk Room in C.S. Mott Children's Hospital:**

The Milk Room on the 8<sup>th</sup> floor of C.S. Mott Children's Hospital  
24 hours a day, 7 days a week  
(734) 232-8833

- **Bronson's Mothers' Milk Bank:**

(269) 341-6146

Department of Obstetrics and Gynecology  
Donor Human Milk

Bronson Mothers' Milk Bank: [www.bronsonhealth.com/milkbank](http://www.bronsonhealth.com/milkbank)

- **Human Milk Banking Association of North America:**

Human Milk Banking Association of North America: [www.hmbana.org](http://www.hmbana.org)

**For general breastfeeding questions, please call:**

The Lactation Help Line

(844) 200-8894

You will be asked to leave a message and a lactation consultant will return your call within 24 hours.

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