

# Donor Breast Milk: Information for Parents and Carers

## What is Donor Breast Milk?

Donor Breast Milk is breast milk that is expressed and donated by a healthy breast-feeding mother who finds she has a surplus milk supply after satisfactorily feeding her own baby. This extra milk is then donated to the Milk Bank

It is the next best thing to mum's own milk, however if breast feeding was not your intention, it is the most appropriate alternative to formula whilst your baby is in a vulnerable period.

The decision to use donor breast milk can bring up many emotions and questions. The Nurses and Doctors caring for your baby can discuss these with you, to make sure you are making the decision for you and your baby.

## Why Donor Breast Milk has been recommended for your baby

Donor Breast Milk provides nutrition and protection. It contains elements that are only found in Breast Milk. This is important for babies who are born early (premature) or who are unwell. These babies have weaker digestive systems and breast milk is easier to digest than formula. Donor breast milk helps protect your baby from infection. There is evidence that breast milk reduces the risk of Necrotising Enterocolitis (NEC) which can affect the bowel of preterm infants and make them very unwell.

[https://www.path.org/publications/files/MNCHN\\_EquitableAccessstoHumanMilk\\_PolicyBrief.pdf](https://www.path.org/publications/files/MNCHN_EquitableAccessstoHumanMilk_PolicyBrief.pdf)

## Is Donor Breast Milk Safe?

All donor breast milk processed in our Milk Bank follows National Institute of Excellence (NICE) guidelines. Breast Milk Donors must meet strict health and lifestyle criteria and are required to have blood tests for:

**HIV 1 & 2,**

**Hepatitis B & C,**

**HTLV 1 & 2 (Human T-cell Leukaemia Viruses)**

**Syphilis.**

Donor Mothers are advised regarding how to express, collect, and store their milk in a clean and safe way.

The Donor Milk is then tested for bacteria and pasteurised (heat treated) for added protection. Any milk that is contaminated is discarded.

## A few words from one of our NICU mum's

'As a preemie mum, seeing the health benefits and pure magic of breast milk transform the SCBU patients, helping my son grow every day, was nothing short of amazing. With an oversupply I was blessed enough to be able to stash away milk for a rainy day, and as I saw others struggle, I began to feel lucky my body was allowing me to do this. Becoming a donor and knowing I am supporting other little warriors and their families in their fight back to health is an honour and the infant feeding team make it so easy to do, if you can spare some, then please donate.'

**If you have any comments about this leaflet or the service you have received you can contact :**

Calderdale and Huddersfield  
Donor Milk Bank  
Telephone (01422) 224421  
www.cht.nhs.uk

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"