

# Donor Human Milk

## Congratulations on Your New Baby

Your decision to breastfeed is one that will have great benefits in your baby's growth and development. It also:

- Promotes bonding
- Helps with your baby's digestion
- Protects your baby from illnesses

Our physicians, registered nurses, lactation consultants, milk technicians and dietitians are committed to helping you with breastfeeding.

When your baby is premature, we will need to add additional nutritional support to your breast milk by utilizing donor human milk *and/or* fortification products to meet your baby's needs, dependent on his/her age and weight while in the NICU.

### What is donor human milk?

Donor human milk (DHM) is formulated with milk donations from mothers with excess breast milk. The donated milk is tested, pasteurized and made into 100 percent human milk nutritional products that are formulated to meet the needs of premature babies.

### Why is DHM important for babies in the NICU?

DHM helps babies born prematurely by providing them with the human milk nutrition they need for proper growth. It is also helpful when their mother's milk has not come in yet or if additional milk is needed

Clinical studies have shown that when premature babies in the NICU receive a 100 percent human milk diet, they have fewer complications.

### How does the DHM feeding process work?

Mothers of premature infants are encouraged to use manual expression and electric breast pumps to provide mother's own milk (MOM) for their newborns. Infant feedings are prepared at 1pm daily for the following 24 hours, using available MOM first, and then DHM. DHM will be used to supplement the amount needed to feed your baby daily if:

- Your milk has not come in yet
- The milk is not yet enough for your baby's recommended daily feedings
- You cannot or choose not to provide expressed breast milk

### What happens to MOM brought to the NICU after 1pm?

We request that you bring MOM to the NICU before 1pm daily. This will allow us to prepare, fortify and use it for the next 24 hours. If we do not have enough of your milk stored, DHM will be prepared for your baby. Any milk you bring in after 1pm will be stored and used first the following day for your baby's feeding.

### What is fortification of MOM?

Fortification of MOM is the process by which the milk preparation team adds additional nutrients to your breast milk to help promote optimal growth for your preterm baby. Fortification provides many benefits. This is done by a specialized group of milk technicians and delivered to your baby on a daily basis.

**Thank you for your commitment to providing the best nutrition for your baby.**

