



# Mothers' Milk Bank Northeast

## DONOR MILK & YOUR BABY

### Congratulations on your growing family!

As you know, mom's own milk is best for baby. Breast milk has many good things to help babies grow and to protect them from getting sick.

While you are building your milk supply, your healthcare provider would like to give your baby Pasteurized Donor Human Milk (PDHM) from Mothers' Milk Bank Northeast. Other mothers donate their milk to our milk bank, so that babies who need it can receive it until another longer-term feeding plan is developed.



### IS IT OK TO FEED MY BABY MILK FROM ANOTHER MOTHER?

For all of human history, mothers have shared milk with other women's babies. But medicines and diseases can pass into a mother's milk, so you want to be sure that the milk your baby gets is safe.



### IS OUR DONOR MILK SAFE?

We ask every milk donor many questions about her health. She has a blood test. We ask about all the medicines she takes, even over-the-counter and herbal ones. If a donor mother gets sick, she does not send us milk until she is well.

We heat the milk to kill germs, and test each batch before we send it out. If the test results are bad, we throw out the milk, so the milk your baby gets is safe.

ENGLISH



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## WHAT ABOUT DRINKING, SMOKING AND DRUGS?

Mothers who smoke or take recreational drugs may not donate their milk. If a mother has a drink, she must wait 6 hours before she pumps milk to send us.



## DOES HEAT TREATMENT KILL THE GOOD THINGS IN BREAST MILK?

Heat treatment does reduce a few of the good things in breast milk. Many of the best things remain after heating. These help your baby grow and fight sickness. Many of those things are not in formula. That is why your healthcare provider would like you to use our donor milk



## ANY OTHER QUESTIONS?

If you have other questions, please talk with your doctor, midwife, or lactation consultant; visit our website, [www.milkbankne.org](http://www.milkbankne.org); or call us at 617-527-6263.

[MILKBANKNE.ORG/RECEIVE](http://MILKBANKNE.ORG/RECEIVE)



LEARN MORE:  
[WWW.MILKBANKNE.ORG](http://WWW.MILKBANKNE.ORG)



## HOW TO STORE, THAW & WARM DONOR MILK



### STORING MILK

- Store all donor milk in the freezer.
- Place bottles in the back of the freezer, away from the freezer door.
- Use bottles with earlier expiration dates first.
- Pasteurized donor milk that has been given to your baby but not finished must be refrigerated and eaten within **2 hours**.



### DEFROSTING MILK

- Donor milk can be defrosted in a container of warm water.
- The water must cover the milk in the bottle but not touch the lid.
- The best method of defrosting donor human milk is overnight in the refrigerator for a slow thaw.
- Milk can be refrozen if it still has ice crystals.
- Fully thawed milk should be used within **96 hours**.
- When milk is fully defrosted, the bottle should be gently shaken to mix the contents.



### WARMING MILK

- **Never** microwave donor human milk.
- A single feeding can be warmed by standing the container of milk in warm water or holding under running warm water. Keep the cap dry.