

## Information for parents and carers about donor human milk

You will be asked to give your consent before your baby receives donor human milk. To enable you to make an informed decision,

**please read the following information:**

- Donor milk from the Hearts Milk Bank has been collected, stored and processed in accordance with National Institute for Health and Care Excellence (NICE) guidance. You can read more about this NICE guidance here: [www.nice.org.uk/guidance/cg93](http://www.nice.org.uk/guidance/cg93)
- Each container of donor milk contains milk from a single donor.
- Milk donors are screened via a health questionnaire and blood tests. They confirm for each batch of milk donated that they do not smoke, use any medication that could be unsafe and do not take street drugs or abuse substances. Milk donors are not paid for donating their milk.
- Donor milk has been heat-treated (pasteurised) at 62.5°C for 30 minutes followed by rapid cooling. This is to help ensure safety, and this temperature gives the best available protection for the components of the donated milk that help to support your baby's immune system and development.
- All the milk has been tested for the presence of contaminating micro-organisms.
- In common with blood and other tissue donations, records are kept to make sure that all donor milk is fully tracked between the donor and the recipient. Milk bank records are stored for 30 years.
- Donor milk should only be used when a mother's own milk is not available, and only after the mother has received information, support and practical help to provide her breastmilk where possible.

# Are you planning to provide your own breastmilk for your baby?

If the answer is **yes** please read **A** and **B** below

If the answer is **no** and you have been told your baby cannot ever receive your milk or there is a reason why you are unable to produce any breastmilk please go straight to **B**

If you are **unsure** please discuss this with the nurse or doctor looking after your baby

**A** If your baby is to receive donor milk, have you been shown how to hand express and/or pump express your colostrum/milk? If the answer is no we highly recommend you request that this be done as soon as possible. If you are expressing your milk and not able to collect sufficient, do ask for further help from the midwives/neonatal nurses or specialist lactation supporter.

**B** If you have any questions about donor milk from the Hearts Milk Bank please ask the nurses or doctors caring for your baby. Alternatively, you can telephone the Hearts Milk Bank on **01582 314130 / 01582 314131** between 9.30am and 4.30pm or email [info@heartsmilkbank.org](mailto:info@heartsmilkbank.org)



# Information for parents and carers about donor human milk.

**A mother's own breastmilk is the best source of nutrition and where ever possible babies should be fed directly from the breast. If this is not possible, freshly expressed breast milk can be given via a feeding tube or alternative approved method.**





Fresh breastmilk contains living cells and other protective components that help keep babies healthy. If breastmilk is expressed and then stored, frozen or heat treated, the levels of some of these components fall.

The specialist team looking after your baby recommends that if there are insufficient amounts of your own breastmilk, he/she should be fed with donor human milk – usually called 'donor milk'. This is because babies benefit from milk that is easily digested and contains the immune boosting components that are only found in breastmilk. Babies given only human breastmilk are protected from developing infections, including a serious gut condition called necrotising enterocolitis. The use of donor milk has also been shown to help support a mother to breastfeed exclusively.



## Hearts Milk Bank is the bank with a difference

Providing screened donor milk to babies in hospital and at home, when breastfeeding is impossible or taking time to establish.

 **01582 314130 / 01582 314131**      **heartsmilkbank**   
 **Out of hours: 07732 019040**      **@heartsmilkbank**   
 **info@heartsmilkbank.org**      **www.heartsmilkbank.org** 

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Hearts Milk Bank is part of the Human Milk Foundation, Charities Commission number 1172522

[www.heartsmilkbank.org](http://www.heartsmilkbank.org)