



Mothers' Milk Bank Northeast

Share the Health

Parent Information Sheet

Congratulations on the birth of your baby! As you know, your own milk is best for your 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 new mothers donate their milk to our milk bank, so that babies like yours can have safe human milk until enough of your own milk has come in. Here are some common questions about PDHM.

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 PDHM 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 to send us milk until she is well.

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

What about drinking, smoking and drugs?

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

Doesn't heat treatment get rid of 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 PDHM.

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