This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child’s treatment. This information can be made available in other languages and formats if requested

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**© Alder Hey Review Date: November 2027 PIAG: 344**

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**Department Neonatal**

**Donor Breast Milk**

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**Information for patients,**

**parents and carers**

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**Intro****duction**

Here at Alder Hey, we recognize that your breast milk is the optimal source of nutrition for your baby and provides protection that will last way beyond the neonatal period.

When mother’s own breast milk is not available, or is not the feeding choice, then formula feeding is the other option. However, for some sick or vulnerable newborns, formula feeding is not a recommended choice of nutrition.

*Your baby’s surgical/medical team have suggested that formula feeding should be avoided until he/she is more able to tolerate it.*

**What is Donor Breast Milk?**

Donor breast milk has been expressed and donated by another mother. Both the mother and the milk expressed is screened and then the milk is pasteurized to make it safe to be fed to another baby.

**Is it good for my baby?**

Your own breast milk is the best choice for your baby as it is tailor made to contain all the nutrients and antibodies that your baby needs. It is particularly valuable for your baby during this period as your baby is vulnerable. Donor milk is the next option after this.

**How long** **will my baby receive Donor Breast Milk?**

Donor breast milk should be used alongside your own milk and not as a direct replacement. It will only be provided whilst your baby is classed as vulnerable and is not a long-term feeding option.

As soon as your baby is able to, he/she will be formula fed in the absence of your own milk. If your goal is not to formula feed, then you must seek support from us early on to help increase your supply.

**What can you do to increase your supply?**

* Express 8-10 times per day including once overnight
* Enjoy lots of skin to skin with your baby or positive touch
* Double pump
* Try to relax!
* Power pump (ask your nurse for the information leaflet)

***By consenting to your baby receiving donor milk, you are agreeing to make every effort, with support, to maximize your own supply and meet your baby’s requirements.***