

# Donor Human Milk For Your Baby



Your breast milk is better than any other food for your baby, but milk supply can be delayed or insufficient for many reasons. Donor Human Milk (DHM) from Mothers' Milk Bank at Austin (MMBA) is available to fill the gap because it is the next best thing to your milk.

## WHERE DOES DONOR MILK COME FROM?

Breast milk is donated by healthy women who pass a rigorous screening, much like you would do if you donated blood. Every donating mother has been screened for medical and lifestyle risk factors, and her doctors and blood work all show that she is safe. More than 1,400 mothers of all economic levels, races and religions pass the screening and donate milk every year.

DHM can save the life of a fragile baby, but it isn't enough to just hear that. If you are reading this information you have a baby for whom donor human milk has been suggested. As with any other medical treatment, you have the right to understand where it comes from and why it is safe.



## STEPS FOR SCREENING MILK DONORS



Staff interview women who want to donate about their lifestyle and medical history, including use of medications and herbal supplements.



Each woman is tested for human immunodeficiency virus (HIV), Hepatitis B and C, human T Lymphotropic virus (HTLV), and Syphilis.



The woman's doctor and her baby's doctor each provide medical information.



Only women who pass this screening and test negative for all blood tests are approved.

Once a mother can donate milk to MMBA, it is still not ready for your baby. The milk has to be pasteurized before it can be fed to your baby, and it has to be tested to prove that the heating process was effective.

## STEPS TO ENSURE THE SAFETY OF DHM

- Breast milk is donated from mothers who pass our rigorous screening process.
- Donated milk is stored in freezers to preserve its nutritional and health benefits.
- Clean labs with sanitized equipment are maintained at all times.
- Donor milk is mixed and tested for nutrient content so that babies get the milk that meets their needs.
- Milk is heated (pasteurized) to kill harmful bacteria and viruses but maintain helpful nutrients and immunological products.
- Before and after heating, samples of milk are tested for germs. Milk that fails these tests is thrown away.
- Milk is stored in nutrient labeled, tamper-proof bottles and kept in freezers until ready to be sent to a hospital or family.



Your baby's doctor orders milk from Mothers' Milk Bank at Austin, and MMBA sends it to your baby only after it is treated and tested for safety. The process is complicated on purpose - many steps are taken to make milk safe for your baby. Milk is prescribed for babies who have a medical need for it, regardless of ethnicity, country of origin, or financial resources.

MMBA prepares every bottle according to strict safety standards based on guidance from the Human Milk Banking Association of North America (HMBANA), the US Food and Drug Administration (FDA), the Centers for Disease Control and Prevention (CDC), and clinical studies and best practices.

*"I remember breathing for the first time when I learned that donor human milk was available for my struggling baby. It was just such a relief. The milk allowed my baby to survive and thrive, and I am so grateful."*

*Lori, Recipient mom*

Please call **512-494-0800**  
or email us  
**info@milkbank.org**  
if you have questions.  
You can also learn from  
our website at  
**www.milkbank.org.**

## ABOUT MOTHERS' MILK BANK AT AUSTIN

Mothers' Milk Bank at Austin (MMBA) is a non-profit organization that has been saving the lives of preterm and medically-fragile infants with pasteurized donor human milk for more than 20 years.

MMBA has provided more than six million ounces of lifesaving donor human milk since 1999, saving the lives of more than 40,000 preterm and medically fragile infants who otherwise would not have survived.

Founded in 1998 by two Austin neonatologists, Drs. Audelio Rivera and the late George Sharpe, MMBA was created to eliminate infant deaths caused by a lack of human milk. After reducing the rate of deaths from 9% to 1% in Austin area hospitals in our first year, we expanded our services to cover at-risk babies across the U.S. Today, MMBA is recognized as a leader in the milk bank industry, not only as the largest provider of donor human milk, but also for pioneering the nutritional analysis and labeling of donor human milk, enabling the standardization and optimal pooling and processing of milk sent to NICUs.

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