

Approvals:  
Paediatric Guidelines and Information Group: September 2018  
Maternity Guidelines Group: September 2018  
Equality Impact Assessment: August 2018  
Patient Experience Group: January 2019

## **Division of Women, Children & Sexual Health Services**

### **How can I help to reduce healthcare associated infections?**

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming into and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

**[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)**  
**Follow us on Twitter @buckshealthcare**

Author: Charlotte Sewsarran  
Issue date: October 2018  
Review date: October 2020

Leaflet code: WZZ-  
Version: 1.0

# **Donor Breast Milk**

## **Information for Parents to Neonatal Unit**

### **Patient information leaflet**

If you require a translation or an alternative format of this leaflet please speak to the nurse in charge or call the Patient Advice Liaison Service on 01296 316042

**Safe & compassionate care,**

**every time**

## Donor Breast Milk

*This information leaflet is based on 'Guidelines for the establishment and operation of human milk banks in the UK' UKAMB (United Kingdom Association for Milk Banking)*

### Which is the best milk for my baby?

Your own breast milk is the best milk for your baby.

### What is Donor Breast Milk?

Donor milk is breast milk expressed and donated by a mother that is then processed by a donor milk bank to be given to your baby. It is the next best milk to your own.

### Why Donor Milk?

For babies who can receive donor milk, it is a precious resource so its use is concentrated on babies who will benefit most. These include:

- very premature babies (born before 30 weeks or weighing less than 1500grams)
- those who have had surgery on their intestines
- babies with major heart abnormalities
- babies who have a sibling who is receiving donor milk.

Breast milk is more easily digested than formula milk and it helps protect your baby from infection. There is evidence that breast milk reduces the risk of Necrotizing Enterocolitis (NEC) which is a condition that can affect the bowel of preterm infants and which can make babies very unwell.

When a mother is unable to provide any or enough of her own breast milk, donor breast milk is often the preferred alternative

to formula milk. This is because donor breast milk still contains many of the protective factors (such as immunoglobulins) which help protect premature babies from infection. Protective factors are not present in formula milk which is prepared from cow's milk.

### Is Donor Milk safe?

Donor mothers must meet strict health and lifestyle criteria and are required to have blood screening tests. Donor mothers have been shown how to express, collect and store their milk cleanly and safely. In addition, donated milk is tested for bacteria and pasteurised (heat treated) for added protection.

### What Screening takes place?

*Donor mothers are screened for:*

- Lifestyle (see page 4)
- Previous Medical History - previous blood transfusion, chronic or acute medical conditions requiring medication, family history of TB, family history of CJD (however there is no evidence that CJD is transmitted through breast milk)
- Infections/ Blood born infections - HIV 1 and 2 (viruses causing AIDS), hepatitis B and C, HTLV I and II (Human T-lymphotropic virus), Syphilis.

***Mothers are excluded from donating milk if they do not meet the criteria set by NICE guidelines.***

<http://guidance.nice.org.uk/CG93/Guidance/pdf/English>

## What is Lifestyle Screening?

A donor mother does not:

- Smoke
- Drink more than small amounts of alcohol
- Drink excessive number of drinks containing caffeine per day (coffee, tea or cola)
- Receive certain medications (traditional or herbal)
- Take drugs

## References

- Feeding and Nutrition in the Preterm infant , Elizabeth Jones/ Caroline King(2005)
- Feeding Issues in Preterm Infants, Archives of Disease In Childhood Fetal and Neonatal Edition 83F 215-218#
- The Breast feeding Network (BFN) Donating Breast milk and taking medication
- National Institute for Health and care Excellence (NICE) (2010) Donor Milk banks: The operation of donor milk bank services



## Useful Contact Numbers

### Stoke Mandeville Hospital

Neonatal Unit            01296 316147

**UKAMB (UK Association of Milk Banks)** [www.ukamb.org](http://www.ukamb.org)

**Oxford Milk Bank**    01865 225507

We continually strive to improve the quality of information given to patients. If you have any comments or suggestions regarding this information booklet, please contact:

Charlotte Sewsarran  
Matron for Neonates  
Division of Women, Children & Sexual Health Services  
Buckinghamshire Healthcare NHS Trust  
Stoke Mandeville Hospital  
Mandeville Road  
Aylesbury  
Buckinghamshire  
HP21 8AL

01296 316112  
[charlotte.sewsarran@nhs.uk](mailto:charlotte.sewsarran@nhs.uk)