

# Donor Human Milk for Newborns

Your decision to breastfeed will benefit your baby's growth and development and will also:

- Promote closeness between you and your baby
- Help your baby's digestion
- Protect your baby from some illnesses

Some newborns may have low blood sugar and require extra milk. We might need to add to your expressed milk by using pasteurized donor human milk to meet your baby's needs. This is preferred over adding formula (which may contain cow's milk), as it keeps your baby on 100 percent human milk.

## Why is low blood sugar a concern?

Your baby's brain depends on blood sugar as its main source of energy. Too little sugar can harm the brain's ability to function. Effects of severe or prolonged low blood sugar on a newborn may result in seizures and brain injury.

## How is low blood sugar diagnosed?

A simple blood test can detect low blood sugar. Generally, a baby with low blood sugar will need extra milk or an IV.

## What is pasteurized donor human milk (PDHM)?

Pasteurized donor human milk is made with milk donations from mothers who have excess breast milk. The donated milk is tested, pasteurized and made into 100 percent human milk products.

## Why is PDHM important for babies?

PDHM gives babies the human milk nutrition they need to stabilize their low blood sugar.

## How does the PDHM feeding process work?

Mothers are encouraged to use manual expression and an electric breast pump to provide mother's own milk (MOM) for their newborns. PDHM may be used to supplement the amount needed to feed your baby if your milk isn't enough for your baby's recommended feeding to increase low blood sugar. The pasteurized donor human milk doesn't replace mother's own milk; it's provided as a supplement or bridge until your milk supply meets your baby's needs.

Thank you for your commitment to provide the best nutrition for your baby.



**Clinical studies have shown that babies have fewer complications when they receive a 100 percent human milk diet.**

**Every effort will be made to help support breastfeeding and establish mother's own milk supply.**



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