

Are you still uncomfortable with the thought of using donor milk?

Yes, we understand. It takes a bit getting used to the fact that your baby might receive milk from another woman. Let us assure you of the reasons why PDM is the best option for your baby when your own milk is not available.

- It is 100% safe and sterile.
- It is the most perfectly digested food.
- It has many more vitamins and minerals than formula.
- It is 100% natural. Breastmilk has unique properties that can not be duplicated.
- Premature babies have shown great growth gains and often leave the hospital earlier than infants fed formula.

Want to learn more?

If you feel there is still more for you to learn, do not be afraid to ask your doctor or nurse. Also, at the UCI Medical Center Lactation Services, there are International Board Certified Lactation Consultants and Certified Lactation Educators who are prepared to help you. To get the answers to your questions simply call the number below:

UCI Medical Center-Lactation Services
714.456.8433

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When your own milk
is not available,
what is
The Next Best?

How to decide if pasteurized donor milk is best
for you and your baby.

UCI Medical Center
University of California, Irvine
A Passion for Care. The Power to Cure.

Orange County Breastfeeding Coalition
"Good Health Begins With Breastfeeding"



HUMAN
milk banking
ASSOCIATION OF NORTH AMERICA

MMB
MOTHERS'
MILK BANK

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Mother's Own Milk

There is nothing more perfect for your baby than your own breastmilk. Breastmilk by itself, without the need for any other foods, provides for your baby's nutritional needs for the first six months of life. Additionally, breastmilk helps to protect your baby from certain diseases and health conditions. It is the most complete and perfect food.

Pasteurized Donor Milk

For many reasons, a new mom may be unable to give her own milk to her baby. If this happens to you, you will be given a couple of options. One of these options will be to provide your baby with pasteurized donor breastmilk (PDM) from a milk bank. This is milk that is collected from other breastfeeding moms. The donated breastmilk is heated at a high temperature to kill germs or viruses in the milk. It is then shipped to the hospital and stored in a freezer until it is time to be used.

PDM has been used for many years with babies whose own mother cannot provide them with milk. In most cases, PDM is used only for a short time—until the baby's own mother's milk supply is "in."

PDM is the next best option for a baby when mother's own milk is not available because it is perfectly matched to a baby's tummy. For example, it is better absorbed in the tummy. Because of this, PDM helps with a new baby's growth.

Common Questions

Is PDM sterile (clean)?

Yes. First all donors are screened for any health problems. Only those donors who pass the screening and blood tests are allowed to participate in the program. Once received, all donor milk is heated to kill any bacteria or viruses. Milk is only released to your hospital after it is cultured and shown to have NO bacteria growth.

Can my baby contract a disease or virus from drinking the PDM?

No. The donor milk is heated to kill all of the bacteria and viruses that might live in it. When the milk is sent to the hospital, it has been screened and is 100% free of any bacteria and/or viral growth.

If pasteurization kills all the bacteria and viruses, does it also destroy the other qualities that make it better than formula?

No. Even with the heat treatment, 70% of the immunity is still in the breastmilk. Also, the heating process does not destroy the vitamins or minerals. The cell size of these nutrients does not change—making it better digested than formula. Especially for a premature baby.

Can a donor's eating habit affect the quality of the PDM?

No. The donated milk is pooled with other milk. Then it is heated in large quantities. The eating habits of a single donor will not affect the quality of the entire supply.