

Safe milk for preterm babies



Your own breast milk is the best milk for your baby (or babies).



It helps protect your baby (or babies) from illness and supports healthy growth.



Not every parent can provide breast milk or produce enough to meet their baby's or babies' needs. Our team will support you to give as much of your own breast milk as much as you can.



If your baby or babies needs extra milk, donor milk from a milk bank may be used.

Who can receive donor milk?

Your baby may receive donor milk if:

- **Your baby or babies were born before 32 weeks**
- or
- **Your baby or babies weighed less than 1.5kg at birth**

Why would donor milk be used?

Your baby or babies may receive donor milk if:

- You are building your milk supply but need extra milk to meet your baby's or babies' needs.
- or
- Your baby is recovering from a serious gut condition called Necrotising Enterocolitis (NEC)
- or
- You cannot provide your own breast milk for medical reasons

How long is donor milk used?

Donor milk is usually given until your baby or babies are 30-34 weeks gestation.

Donor milk may stop sooner if:

- Your milk supply meets your baby's or babies' needs
- or
- Your baby or babies needs a different feeding plan to help growth

Why is milk bank milk safe?

Milk bank milk is:

- ✓ Donated by screened donors
- ✓ Collected and stored safely
- ✓ Pasteurised to remove harmful germs
- ✓ Tested for safety



Do not use donor milk from friends, family or online sources.

Preterm babies can become very unwell from infections.

Only use:



Your own breast milk



Donor milk from an approved milk bank.

These are the safest choices for preterm infants

For more information visit:



UNICEF guidance on
how to hand express



UKAMB information
on milk banks &
donor milk



Hearts Milk Bank



BAPM use of donor
milk in neonates



Donor milk & milk
kinship



Bliss information
on feeding preterm
babies