

Pasteurized Human Donor Milk (PHDM) and Fortifiers: Information for Parents and Acknowledgement of PHDM Use

Human milk is the best food for infants

Human milk or breastmilk has many health benefits for the baby, including:

- Infection-fighting properties
- Easier to digest
- Promotes a healthy gut
- Reduces the risk of feeding intolerance and intestinal complications such as necrotizing enterocolitis in premature babies
- Supports the developing brain and other organ systems



Our goal is to feed your baby as soon as possible after birth and mother's own milk is always used first when it is available. However, preterm birth or other complications after birth may present unique challenges for a mother to establish and maintain her milk supply while her baby is in the NICU. PHDM is the next best option and is recommended by the American Academy of Pediatrics (AAP) when mother's own milk is not available or used as a bridge until her supply becomes adequate. Use of PHDM is now the standard of care in many NICUs across the country.

Is PHDM safe?

The PHDM used at this hospital has been heat-treated by a human milk processing laboratory that is regulated and approved by the US Food and Drug Administration (FDA) and licensed by the state of California. The PHDM lab only collects milk donated by healthy breastfeeding mothers, who have been carefully screened and confirmed by their baby's doctor to produce more milk than they need for their own babies. Milk donors are also screened and must be free from infections like HIV, Hepatitis B & C, Tuberculosis (TB), Syphilis, Cytomegalovirus (CMV), and unhealthy behaviors like drug use. After PHDM has been processed, it is tested to ensure the absence of any dangerous viruses or bacteria before it is frozen and then transported to this hospital.



Human Milk-Based Fortifiers

Human milk alone (both mother's own milk and PHDM) may not have enough calories and nutrients to support the growing needs of your infant. Your baby's healthcare team may add supplements called "fortifiers" to mother's own milk and PHDM to support growth. A fortifier made from human milk is available for premature babies to provide an exclusively human-milk-based diet.

Additional questions and resources

It is important that you talk with your baby's doctor or healthcare team and ask any other questions you may have about PHDM. For more information on the PHDM used in our unit:

- <https://www.prolacta.com/en/>
- [Donor Human Milk for the High-Risk Infant: Preparation, Safety, and Usage Options in the United States | Pediatrics | American Academy of Pediatrics \(aap.org\)](#)



I acknowledge receiving information on PHDM and human milk-based fortifiers from my baby's doctor, _____ and agree that it may be given to my infant as necessary and/or added as a fortifier.

Signature: _____

Date: _____

Relationship: Parent/Legal Guardian

Patient Label