



## IS HUMAN DONOR MILK SAFE?

Southwest Mothers' Milk Bank follows rules and guidelines set by the Human Milk Banking Association of North America (HMBANA), the U.S. Food and Drug Administration (FDA), and the U.S. Centers for Disease Control and Prevention (CDC). The rules and guidelines for milk donation to a HMBANA-accredited milk bank are more strict than those for blood donation.

Every potential donor is screened for lifestyle, illness, and medication risk factors on an ongoing basis, have a signed provider release, and receive blood tests for Hepatitis B, Hepatitis C, HIV, HTLV, and syphilis.

All milk dispensed from our milk bank has been pasteurized to eliminate any potentially harmful bacteria or viruses. Random samples from each lot are shipped to an independent laboratory where it is confirmed that all harmful bacteria has been eliminated.



## CONTACT INFORMATION



6208 Montgomery Blvd NE Suite D  
Albuquerque, NM 87109



[info@swmilkbank.org](mailto:info@swmilkbank.org)



505.508.5291



505.508.5428

SCAN ON YOUR PHONE TO  
VISIT OUR WEBSITE



## WHAT'S INSIDE?

### HUMAN MILK

Minerals  
Vitamins  
Fat  
DHA/ARA  
Carbohydrates  
Protein  
Water  
Antibodies  
Hormones  
Antivirals  
Antiallergens  
Growth Factors  
Enzymes

### FORMULA

Minerals  
Vitamins  
Fat  
DHA/ARA  
Carbohydrates  
Protein  
Water



## WHAT IS DONOR MILK?

Information About  
Pasteurized Human  
Donor Milk for Families



# BENEFITS OF BREASTFEEDING

## FOR BABY

- Lower Rates of...
  - Allergies
  - Ear and Lung Infections
  - Obesity and Diabetes
  - Sudden Infant Death
  - Leukemia
  - Asthma
  - Celiac Disease
  - Ulcerative Colitis
  - Stomach Bugs and Colds
- Healthier Weight Gain
- Better Neurological Development
- Better Long-Term Outcomes

## FOR MOM

- Reduced Uterine Bleeding and Lower Risk of Postpartum Hemorrhage
- Burns Extra Calories
- Reduced Risk of...
  - Breast, Ovarian, Uterine, and Thyroid Cancers
  - Osteoporosis
  - Arthritis
  - Type II Diabetes
  - Heart Disease



# HOW DONOR MILK IS USED



## Hospital Care

Human donor milk is often used in NICUs to help reduce the risk of early diseases such as Necrotizing Enterocolitis (NEC).



## Bridge Milk

After delivering, a mother's body immediately begins the process of producing milk, but the transition from colostrum to milk can take several days. During this time, human donor milk can be used as a bridge and jump starts a successful lactation journey.



## Supplementation

Human donor milk can be used to supplement a baby's nutritional needs when the mother is unable to provide some or all of the milk needed to feed the baby. Some reasons why supplementation may be needed include medical issues, illness, medication, adoption/fostering, and surrogacy.

# ALTERNATIVES TO HUMAN MILK

Mother's own milk is best for your infant, but if you're unable to provide enough to meet their nutritional needs, human donor milk is the next best thing. The American Academy of Pediatrics supports milk banking by saying that "if a mother's own milk is unavailable despite significant lactation support, pasteurized donor milk should be used." Only after all other options have been exhausted should an infant be fed formula.



# DO YOU NEED MILK?

- Every New Mexico infant receives a one-time bridge scholarship
- Contact us today or visit us online to learn more

# BECOME A DONOR

- Application Process
  - Initial Screening
  - Donor Application
  - Provider Release
  - Blood Draw (we pay for this)
- Becoming an approved donor takes as little as 4 to 5 days
- We ask that our donors commit to a minimum donation of 100 ounces over time--this provides over 250 preemie feedings
- Milk storage bags are provided to our donors upon request

