

## Breast Milk Sharing

Mother's own breast milk is the best choice for feeding babies. For the health and safety of your baby, Akron Children's Hospital has a policy to use only breast milk from:

- The baby's biological mother, **OR**
- Banked donor milk that has been pasteurized (heat-treated) for safety

## What you should know about sharing breast milk

Medical research has shown that sharing breast milk, which is a body fluid, can be unsafe and is not recommended by the FDA and the American Academy of Pediatrics.

Shared breast milk can expose a baby to these:

- Viruses
- Bacteria
- Illegal drugs
- Medications
- Alcohol
- Tobacco
- Caffeine

## What you should know about banked donor milk that has been heat-treated

- It does not carry these same risks, as noted above
- Heat-treating kills germs
- Women who donate their milk are tested for bacteria and viruses before donation

## If you still wish to use non-donor shared breast milk:

- Talk to your baby's doctor about the many steps to be taken to see if that milk can be used
- Sign a consent form stating you know the risks but still want to use non-donor breast milk

We are here to help you to make the best choices for your baby. Ask your nurse, dietitian or doctor if you have any questions.

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*This information does not replace your provider's medical advice, treatment plan, or education provided by your nurse or other care provider. Be sure to follow your personalized plan of care. Nothing on this sheet is considered medical advice, diagnosis or treatment. If you have questions about this or any other medical information, talk with your care provider. Seek help right away if you need urgent medical attention. If you are outside the hospital, call 911. If you are a patient in the hospital, ask your nurse or other member of your care team for help.*

Ask a staff member about interpreters and other language access services and aids, available at no cost to patients and families.  
**Pregúntenos acerca de los intérpretes y otros servicios y ayuda para el acceso al idioma que están a su disponibilidad sin costo alguno.**

