

## Let's Talk About...

# Sterile Human Breast Milk

## What is sterile breast milk?

Sterile human breast milk is a medical supplement that is given to breastfed babies in small amounts (10 to 20 mL).

Your baby will only receive sterile breast milk if you are breastfeeding or trying to breastfeed. It is usually prescribed when you:

- Are not producing milk in the first few days after delivering your baby.
- Have been separated from your baby for a few days, or longer.

Or, if your baby:

- Has lost weight beyond the recommended guidelines.
- Has a medical problem or needs extra nutrients.
- Is sleepy and not learning to latch onto your breast.
- Has jaundice and may need more milk than you can supply.

Sterile breast milk is meant to be used only for a short time. Your baby's healthcare provider will tell you how long you should use sterile breast milk in the hospital.

## What are the benefits of giving sterile breast milk to my baby?

Sterile breast milk has been shown to help babies during their first weeks of life. It is easy for babies to digest and helps them have a healthy digestive system.

## Is sterile breast milk safe?

Yes. Intermountain Healthcare uses a sterile breast milk called **Medolac**. Medolac is 100% breastmilk that is heated to be commercially sterile, which means it has no bacteria or viruses. It is packaged in a food-grade pouch and doesn't need to be refrigerated until it is opened.

Medolac gets their breast milk from paid donors who are screened every 6 months and must:

- Provide a detailed medical history
- Complete blood screening tests
- Be healthy and take no regular medicines
- Have more than enough milk to meet their own baby's needs
- Not have certain infectious diseases

## How can I learn more about sterile breast milk or milk banking?

Medolac comes from the Medolac Company in Lake Oswego, Oregon. If you have questions about the milk your baby receives, contact Medolac directly at **866-559-7740**. To learn more about Medolac, visit [Medolac.com](http://Medolac.com).

If you make more breastmilk than your baby can drink in the future, call or visit the website to learn more about working with Medolac.

### ***How do I make breastfeeding easier for my baby?***

Ask to meet with a lactation consultant. A lactation consultant is a breastfeeding expert who can help you find ways to build up your own breastmilk supply and make breastfeeding more comfortable for you and your baby.

