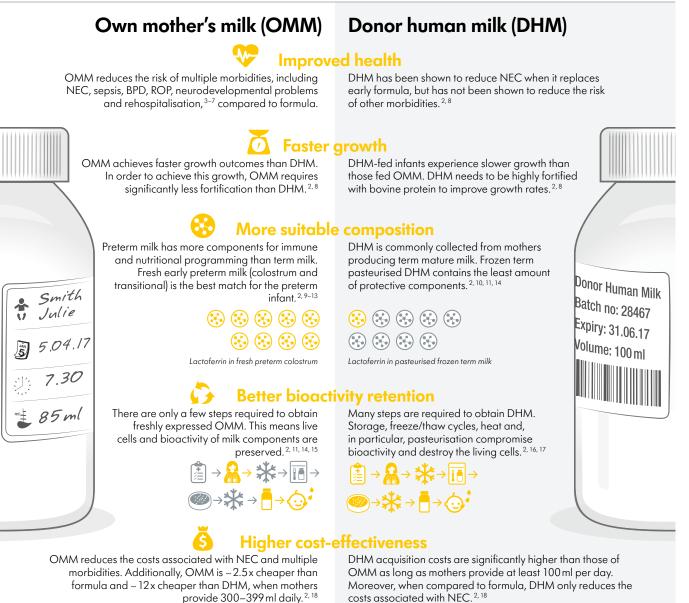


Why choose own mother's milk over donor human milk?

When own mother's milk (OMM) is not available, pasteurised donor human milk (DHM) has become the standard of care.^{1,2} While OMM and DHM are often collectively called "human milk", there are significant differences not only in bioactivity, but in health outcomes, the maturity of the mammary gland (preterm milk vs term milk), stages of lactation (colostrum, transitional or mature milk) and provision costs.²



provide 300-399 ml daily.^{2, 18}

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Own mother's milk should be a NICU priority

Obtaining OMM should always be the first choice over acquiring DHM.¹ Although DHM is a valuable resource for compromised infants as it is superior to formula, it cannot be considered equivalent to OMM.² All efforts to help mothers of preterm and compromised infants to initiate, build and maintain their own milk supply effectively, should be prioritised.

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