

# About Pasteurized Donor Human Milk

## *For Families of Islamic Faith*

This fact sheet is for families of the Islamic faith who have questions about donor breast milk (pasteurized donor human milk). Sometimes, mothers can't make all the milk their baby needs. Using donor breast milk is one of the best ways to give your new baby a healthy start in life.

- In Islam, milk sharing is a virtue.
- Kinship would be very unlikely, because the milk is a mix from several mothers. This keeps babies from getting a lot of milk from a single donor.

### **What is pasteurized donor human milk?**

This is milk from healthy mothers who freely give their extra breast milk to milk banks to help other babies. "Pasteurized" means that the milk is heated to remove harmful germs that can make babies sick.

The milk is safe even for tiny, sick, or very young babies. In many cases, donor milk can save a baby's life.

### **Is the milk safe for my baby?**

Yes! Trained healthcare workers carefully interview and test donor mothers. This keeps chances of milk having disease, illness, drugs, or alcohol very low. They also test the milk for safety and nutrition. The US has very strict rules about how milk is pasteurized and stored in milk banks. In fact, rules for donating milk are stricter than rules for donating blood.

Don't worry about your baby getting pork products through donor milk. Pork is fully broken down in the donor mother's stomach and does not reach the milk.

### **What do Islamic leaders say about pasteurized donor human milk?**

Islamic leaders have issued a fatwa, based on talks with the Minnesota Islamic Council and medical experts. Here's what the Fatwa says about pasteurized donor human milk:

- Babies should have donor milk when they can't get their own mother's milk, or when their own mother's milk isn't enough.
- It's very important for babies born before 37 weeks, who are sick, or who have low birth weight.

### **How does pasteurized donor human milk protect my baby's health?**

- Your baby will be better protected from infections, even life-threatening ones.
- Your baby's body digests donor milk better than formula.
- Donor milk helps protect your baby's gut and can prevent a severe disease called NEC (necrotizing enterocolitis).

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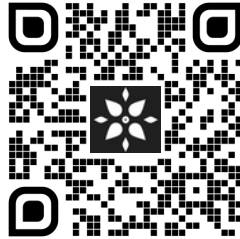
Also, health research shows that when babies get donor milk, more of them leave hospitals getting their own mother's milk. This is great news for babies and families.

### To learn more

Here's a link to videos about the Fatwa in English, Somali, and Arabic. Click on the bitly link or scan the QR code with your smartphone camera.

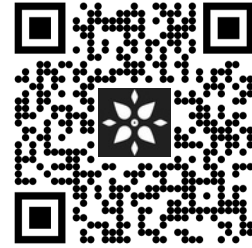
[bit.ly/3S17kfG](https://bit.ly/3S17kfG)

Other information and resources are available for Islamic families and for health care professionals.



Click this link or scan the QR code to learn more about donor human milk in Minnesota:

[bit.ly/3LnpDIn](https://bit.ly/3LnpDIn)



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