

# Using Donor Milk for Your Baby at Home

---

We now offer donor human milk for babies at home through the Fairview Specialty and Mail Order Pharmacy.

## What is donor human milk?

If you can't breastfeed or chestfeed, or aren't making enough milk for your baby, donor human milk may be the next best option. You may buy it to use in addition to the milk from your own body or as a bridge until your body makes more milk.

Your care team and lactation consultant can help you decide if donor milk is a good choice for your baby. Your baby would get the benefits of human milk while we keep supporting your feeding goals.

We buy pasteurized donor human milk from a local milk bank. Donors are approved by the milk bank after they pass a phone interview, application, approval from their health care team and blood tests. This ensures that the donors are healthy, and the milk is safe. Milk from several donors is mixed together, bottled, heat-treated to kill bacteria, tested for bacteria, and frozen.

Donor milk is not a substitute for your own milk, if you have it. A parent's own milk directly from the breast or chest is always the best and healthiest choice for both parent and baby. Therefore, we follow health care best practices that help families start breastfeeding or chestfeeding whenever possible. We urge most patients to nurse exclusively (give no other food or water) for at least 6 months. We advise our patients to keep nursing for 2 years, if they can.

## How much does it cost?

The milk is \$20 per 4-ounce bottle. We recommend that you have your care team send a prescription to the pharmacy 1 to 3 days before your baby goes home from the hospital.

You must have a prescription if you need more than 10 bottles. For next-day delivery in temperature-controlled packaging, call the Specialty Pharmacy and plan to pay by credit card. If you choose to pick up the milk (see below), you may pay with cash or credit card. The largest amount we can sell at a time is 25 bottles. Most insurance does not yet cover donor milk for home use, but you can give your receipt to your health savings account (HSA) or health reimbursement arrangement (HRA) if you have one.

## Can I get donor milk delivered?

We can deliver orders of **5 bottles** or more at no extra charge:

- If you live within the Twin Cities metro area, we can do next-day delivery Tuesday through Friday.
- You must place your order Monday through Thursday to get it the next day.
- Orders placed on Friday or Saturday will arrive on Monday.
- Fees are added for same-day or Saturday delivery, based on how far you live from the pharmacy.

If you need **less than 5 bottles** or live **outside the free delivery area**, you may pick up the milk yourself from the pharmacy:

- We ask that you call at least one day in advance to place your order.
- You may pay in person with cash or credit card.
- Hours for pick-up are 8:00 a.m. to 4:00 p.m. Monday through Friday.
- Phones are answered Monday through Friday, 8:00 a.m. to 6:00 p.m. and on Saturday 8:00 a.m. to 4:00 p.m.

## **Holiday schedule**

The Specialty Pharmacy is closed on Sundays and all major holidays: New Year's Day, Memorial Day, Juneteenth, Independence Day, Labor Day, Thanksgiving, and Christmas, with limited hours on Christmas Eve (8:00 a.m. to 2:00 p.m.)

### **Fairview Specialty and Mail Order Pharmacy**

711 Kasota Avenue SE (1 mile west of MN-280)  
Minneapolis, MN 55414

### **Outpatient Pasteurized Donor Human Milk**

**Orders:** 612-672-5237

## **To learn more about milk banking and other sources of donor milk**

**Write to:** [milkbank@fairview.org](mailto:milkbank@fairview.org)

**Or call:** 612-672-4122