GUIDELINE

Pasteurised Donor Human Milk (PDHM)

Scope (Staff):	Nursing and Medical Staff
Scope (Area):	NICU KEMH, NICU PCH, NETS WA

CAHS commits to being a child safe organisation by applying the National Principles for Child Safe Organisations.

Read the full statement here:
CAHS Child Safe Organisation Commitment Statement.

This document should be read in conjunction with this disclaimer

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Aim

The aim of this guideline is to outline the management of neonates requiring PDHM.

Risk

The absence of a medical order or incomplete informed consent for the provision of PDHM may delay adequate nutrition delivery to preterm infants.

Key Points

- Expressed breast milk (EBM) is the preferred feed.
- Mother's own milk should always be prioritised prior to providing PDHM.
- Contact PREM Bank Manager if there any concerns regarding the use of PDHM.

- PDHM can be used for the 24-hour period following thawing. Milk will be provided in single-use sterile bottles
- Do not share PDHM between twins/triplets as donor milk may be from different donors.
- PDHM is **not to be sent with patients to peripheral hospitals** due to loss of traceability. If insufficient maternal EBM is available, the receiving hospital should be advised to decide on an appropriate alternative prior to the transfer.

Perron Rotary Express Milk (PREM) Bank

Human breast milk offers optimal nutrition and reduces illness risks. PDHM retains most bioactive properties and is the best alternative when the mother's milk is unavailable or insufficient.

- All PDHM from the PREM Bank is thoroughly screened for viruses, pasteurised, and microbiologically tested before release.

Eligible recipient for PDHM

- With a medical order PDHM may be introduced when EBM is insufficient to meet feed requirement or not available.
- An infant meeting the following criteria is an eligible recipient for processed donor human milk—
    - a preterm infant **<33** weeks gestational age; or
    - **<1500g** birth weight; or
    - an infant with a medical condition which poses a higher risk of NEC, as determined by a neonatologist[1].
- PDHM is fed until **34** weeks CGA or at neonatologists' discretion.

PDHM Procedure at KEMH

Step	Guidelines
1. Medical Order	Obtain a medical order in the inpatient progress notes (MR420).
2. Update Records	Update iSOFT Clinical Manager handover with feeding requirements and consent date in Diet Notes.
3. Consent	Obtain informed parental consent on MR416.00. Consent required for each patient in multiple births (i.e. twins/triplets). Consent can only be obtained by: **Monday to Friday:** PREM Bank Lactation Consultant **Weekends/After hours:** NICU Lactation Consultant (LC)/CNC, or Reg/Senior Reg/Consultant.

Step	Guidelines
4. PDHM Delivery	PDHM for the next 24 hours delivered to the Nutrition Room or to cot side with infant's UMRN and date dispensed. Two persons are required to check the PDHM.
5. Documentation	Document feeds on the Fluid Balance Chart A/B (MR489.01A/B) or Neonatal Observation Chart and Nursing Assessment – Nursery (MR491) as "PDHM" **not** "EBM". Return unopened bottles to the Nutrition Room; partially used bottles emptied and reprocessed by PCAs.
6. Emergency Supply	Emergency PDHM supply is available in the Nutrition Room Freezer if more milk is required due to spillage or increased feed volumes. Record the unit number of the PDHM in the record sheet in the Nutrition Room Freezer and label PDHM container with the infant's UMRN and thaw date. Two staff members co-sign for removal of PDHM as per instructions on After Hours Supply storage

PDHM Procedure at 3B PCH

Step	Guidelines
1. Medical Order	Obtain a medical order in the inpatient progress notes on DMR.
2. Update Records	Update iSOFT Clinical Manager handover and DMR with feeding requirements and consent date in Diet Notes.
3. Consent	Obtain informed parental consent on MR416.00. Consent required for each patient in multiple births. Email a copy of the consent form to the PREM Bank, cahs.prembank@health.wa.gov.au Consent can only be obtained by: **Mon-Fri:** Lactation Consultant **Weekends/After hours:** CNC, or Reg/Senior Reg/Consultant.
4. Ordering	Midwife/LC on duty is responsible to order PDHM. PDHM is to be ordered by 08:00am for each 24-hour period. The calculated weekend feed volumes will be dispensed with Friday's order. Midwife/LC to advise PREM bank of available mother's EBM.
5. PDHM Delivery	PDHM delivered **FROZEN** to SFU from PREM Bank by 12pm. **Weekends:** PDHM delivered on Friday and stored in the freezer at 3B. Unopened frozen bottles from the weekend should remain in the freezer (notify PREM Bank staff on next business day for collection).

Step	Guidelines
6. Documentation	Document feeds on Fluid Balance Chart A/B (MR489.01A/B) or Neonatal Observation Chart and Nursing Assessment – Nursery (MR491) as "PDHM" **not** "EBM".
7. PCH After Hours PDHM Access from KEMH	If additional PDHM is required from the 'KEMH After Hours supply': Liaise with KEMH Nutrition Room (ext 81190) or SCN 3 coordinator (82003) to organise collection of PDHM after hours. Utilise NETS driver to retrieve PDHM where possible, **0414 653 364.** If NETS driver is out on a retrieval, a nurse from 3B or KEMH NICU can use a taxi to pick-up and deliver to 3B. Present a copy of consent form to Nutrition Room Nurse or SCN3 coordinator/CNC with infant's UMRN sticker for PDHM After Hours Supply records. Two staff co-sign for removal of PDHM as per instructions on After Hours Supply storage. Labelling: All PDHM labelled with infant's UMRN, and date dispensed. Transport PDHM in an appropriate insulated container with ice bricks. **Email PDHM consent** and medical order to PREM Bank for recordkeeping (if newly consented). cahs.prembank@health.wa.gov.au

Contact Information

PREM Bank business hours are 7:00am to 3:00pm, Monday to Friday.

Contact:

- Phone PREM Bank: Ext's 81207 or 81563
- Email: cahs.prembank@health.wa.gov.au

Related CAHS internal policies, procedures and guidelines
Enteral Feeding: Initiation and Progression
Perron Rotary Express Milk (PREM) Bank

References and related external legislation, policies, and guidelines *(if required)*

1. Supply of Processed Donor Human Milk in Western Australia Code of Practice 2024
2. Department of Health, Disability and Ageing. Operational guidelines for milk banks in Australia and New Zealand; 2020. [Cited 2025, May 22]. Available from Operational guidelines for milk banks in Australia and New Zealand | Australian Government Department of Health and Aged Care.

This document can be made available in alternative formats on request.

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