

NICU Parent Advocacy Guide

When Every Moment Matters: How to Advocate for Your Preemie's Nutrition

This guide is designed to help parents make informed decisions about your preemie's nutrition. Always consult with your healthcare team about your baby's specific situation.





Important!

All "Human Milk Fortifiers" – **except one** – are made from cow milk.

In the U.S., only Prolacta's fortifiers and formulas are made from 100% donor breastmilk (instead of cow milk).

This difference matters for your preemie's health and development.



The Critical Choice Every NICU Parent Needs to Know

When your preemie is fighting for every ounce of growth, the nutrition they receive can change everything. But here's what many parents don't know: **there are TWO types of "human milk fortifiers" available in the NICU – and only one is made from 100% donor breastmilk (instead of cow milk).**

Questions That Can Change Your Preemie's Outcome

Before Any Feedings, Ask:

1. "Does my preemie need a human milk fortifier for extra calories, protein, and nutrients?"

- Extremely premature infants need significantly more nutrition than full term babies
- These nutritional requirements are more than what breastmilk alone can provide

2. "Is the fortifier you use made from cow milk or donor breastmilk?"

- This is the question that matters most
- You have the right to know exactly what your baby is being fed
- Don't assume "human milk fortifier" means it is made from human milk → ALL fortifiers are labeled "Human Milk Fortifier" (because it is added to your breastmilk or donor milk)

3. "Can you order Prolacta's 100% breastmilk-based fortifiers for my baby?"

- Any NICU can order Prolacta even for a single baby, without a contract (yes, even if they have a contract with another formula maker)
- Prolacta products can be delivered overnight to any U.S. hospital
- Prolacta's fortifiers and formulas are typically prescribed for preemies born weighing less than 1,250 g (2.75 lbs)
- Parents never pay out of pocket for Prolacta's nutritional products
- Nearly 20 years of clinical studies show the benefits of Prolacta's fortifiers compared to cow milk-based products³⁻⁸
- Prolacta's products are trusted by NICUs nationwide
- In 2025, 55% of Level III and IV NICUs used Prolacta's fortifiers and formulas⁹
- 125,000+ preemies fed globally, and counting¹⁰
- Studies show hospitals save money when using Prolacta's products, due to fewer complications^{3,11}

Your Action Plan: Be a Vital Part of Your Preemie's Nutrition

Step 1: Make Informed Decisions



Stay Informed: Before signing a feeding consent, understand all options

- You have the right to know what is being fed to your baby
- Request written information about your baby's nutritional options
- Connect with other parents who've made the same nutritional choice as you for your baby

Step 2: Advocate with Your Care Team



Speak Up: Ask for "Prolacta fortifiers" by name

- Don't accept "we don't carry that" as a final answer
- Any NICU can order Prolacta nutrition for overnight delivery
- No contract is required – even if the hospital has another formula contract

Step 3: Connect with Expert Support



Call First: 1.888.354.5818 Prolacta's Parent Support Hotline

- Available 24/7
- Get guidance on whether your preemie qualifies
- Learn how to request Prolacta for your baby
- Receive support throughout the process



What Research Shows

Trusted by leading NICUs for feeding the smallest preemies⁹

Proven Benefits of 100% Human Milk-Based Nutrition

Compared to cow milk-based products in preemies less than 2.75 lbs., an exclusive human milk diet (EHMD) with Prolacta's 100% breastmilk-based nutritional fortifiers has been shown in numerous clinical studies to provide:



Life-Saving Protection

- 77% lower NEC risk⁶
- An EHMD can increase survival¹²
- Lower risk of infection (late onset sepsis)^{4,13}



Fewer Complications

- Less lung disease (BPD)^{3,4,7}
- Reduced eye disease (ROP)^{3,4,7,13}
- Improved long-term outcomes^{8,14}



Better Growth & Development

- Fueling brain growth with earlier nutritional intervention^{5,8,14}
- Fewer feeding issues³
- Achieves adequate growth^{5,15,16}



Shorter NICU Stays

- Preemies go home sooner³

Citations:

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2. American Academy of Pediatrics. Policy Statement: Breastfeeding and the Use of Human Milk. Section on Breastfeeding. *Pediatrics.* 2022;150(1):e2022057988.
3. Assad M, Elliott MJ, Abraham JH. Decreased cost and improved feeding tolerance in VLBW infants fed an exclusive human milk diet. *J Perinatol.* 2016;36(3):216-220.
4. Hair AB, Peluso AM, Hawthorne KM, et al. Beyond necrotizing enterocolitis prevention: improving outcomes with an exclusive human milk-based diet. *Breastfeed Med.* 2016;11(2):70-74.
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6. Sullivan S, Schanler RJ, Kim JH, et al. An exclusively human milk-based diet is associated with a lower rate of necrotizing enterocolitis than a diet of human milk and bovine milk-based products. *J Pediatr.* 2010;156(4):562-7.e1.
7. Delaney Manthe E, Perks PH, Swanson JR. Team-based implementation of an exclusive human milk diet. *Adv Neonatal Care.* 2019;19(6):460-467.
8. Bergner EM, Shypailo R, Visuthranukul C, et al. Growth, body composition, and neurodevelopmental outcomes at 2 years among preterm infants fed an exclusive human milk diet in the neonatal intensive care unit: a pilot study. *Breastfeed Med.* 2020. 15(5):304-311.
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12. Abrams SA, Schanler RJ, Lee ML, Rechtman DJ. Greater mortality and morbidity in extremely preterm infants fed a diet containing cow milk protein products. *Breastfeed Med.* 2014;9(6):281-285.
13. O'Connor DL, Kiss A, Tomlinson C, et al. Nutrient enrichment of human milk with human and bovine milk-based fortifiers for infants born weighing <1250 g: a randomized clinical trial. *Am J Clin Nutr.* 2018;108(1):108-116.
14. Hair AB, Patel AL, Kiechl-Kohlendorfer U, et al. Neurodevelopmental outcomes of extremely preterm infants fed an exclusive human milk-based diet versus a mixed human milk + bovine milk-based diet: a multi-center study. *J Perinatol.* 2022;42(11):1485-1488.
15. Huston RK, Markell AM, McCulley EA, Gardiner SK, Sweeney SL. Improving growth for infants ≤1250 grams receiving an exclusive human milk diet. *Nutr Clin Pract.* 2018;33(5):671-678.
16. Hair AB, Hawthorne KM, Chetta KE, Abrams SA. Human milk feeding supports adequate growth in infants ≤ 1250 grams birth weight. *BMC Res Notes.* 2013;6:459.

Research Studies Supporting Prolacta's Human Milk-Based Nutrition

The following published clinical studies show the benefits to premature infants fed an exclusive human milk diet with Prolacta's human milk-based fortifiers (made from 100% donor breastmilk not cow milk). Always consult with your baby's healthcare team about your specific situation and if Prolacta fortifiers may be right for your preemie.



Reduced NEC

[An Exclusively Human Milk-Based Diet is Associated with a Lower Rate of Necrotizing Enterocolitis than a Diet of Human Milk and Bovine Milk- Based Products](#)

[Beyond Necrotizing Enterocolitis Prevention: Improving Outcomes with an Exclusive Human Milk-Based Diet](#)

[Decreased Cost and Improved Feeding Tolerance in VLBW Infants Fed an Exclusive Human Milk Diet](#)

Support Your Preemies' Survival

[Greater Mortality and Morbidity in Extremely Preterm Infants Fed a Diet Containing Cow Milk Protein Products](#)

Go Home Sooner

[Decreased Cost and Improved Feeding Tolerance in VLBW Infants Fed an Exclusive Human Milk Diet](#)

Improved Neurodevelopment

[Neurodevelopmental outcomes of extremely premature infants fed an exclusive human milk-based diet versus a mixed human milk + bovine milk-based diet: a multi-center study](#)

[Growth, Body Composition, and Neurodevelopmental Outcomes at 2 Years Among Preterm Infants Fed an Exclusive Human Milk Diet in the Neonatal Intensive Care Unit: A Pilot Study](#)

Reduced Feeding Complications

[Decreased Cost and Improved Feeding Tolerance in VLBW Infants Fed an Exclusive Human Milk Diet](#)

Growth

[Improving Growth for Infants <1250 Grams Receiving an Exclusive Human Milk Diet](#)

[Early fortification of enteral feedings for infants <1250 grams birth weight receiving a human milk diet including human milk-based fortifier](#)

[Human Milk Feeding Supports Adequate Growth in Infants \$\leq\$ 1250 grams Birth Weight](#)





Remember: You Are Your Preemie's Voice

Your preemie is counting on you to advocate for their care. Every question you ask, every option you explore, and every decision you make can impact their health outcomes.

Call Prolacta's Parent Support Hotline today: **1.888.354.5818**

