**Pasteurized Human Milk**

- **What is it? Who supplies it?**
  - Donating mothers are carefully screened before and during the time they donate milk (they are tested for HIV, Hepatitis, drugs and many other contaminants to make sure their milk is safe, similar to blood donation).
  - Human milk is milk from mothers who voluntarily donate extra milk to a milk bank.
  - The milk bank pasteurizes and tests the milk to ensure purity and nutritional content. Then it is frozen until use.

- **When is it needed? And where to find it?**
  - It is used if a baby has a medical need for more milk than is available from baby’s mother. It is often a temporary bridge until mother can produce more of her own milk.
  - Pasteurized human milk is used at many hospitals and is obtained from a certified Milk Bank that is approved by the Human Milk Banking Association of North America (HMBANA). It can also be purchased for home use after hospital discharge.

- **Why is it preferred to formula?**
  - Pasteurized human milk is strongly recommended for babies when mother’s milk is not available.
  - There are many beneficial components present in human milk that are not found in formula.
  - Pasteurized human milk has protective factors to fight infections (including protection from necrotizing enterocolitis or “NEC” - a gut disease of premature babies). Formula does not have these protective factors.
  - It is also easier to digest than formula and promotes infant gut health.
  - Pasteurized human milk is anti-inflammatory and is less likely to trigger allergies.