

# 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.