

Antenatal Milk Expression

For mothers 37 weeks and planning to breastfeed

What is colostrum?

Colostrum is the first milk that your body starts to make during the second trimester of pregnancy. It is easy for the newborn babies to digest, establishes a healthy gut microbiome, is high in protein, and has antibodies to help protect against disease and infection. It is the perfect first food for babies!

Why is it important?

Beginning hand expression of colostrum in late pregnancy can reduce undesired formula supplementation, increase confidence and colostrum production, and maintain exclusive human milk feeding.

Who can express colostrum?

With approval from your OB provider, you can begin to express at 37 weeks.

STOP and TELL your OB if you notice:

- Decreased fetal movement
- Vaginal bleeding
- Abdominal cramping
- Leakage of vaginal fluid
- Prolonged uterine contractions

How to get started:

Before you start:

Get approval from OB, and then scan the QR code for more information and to watch a demonstration.



Expression technique:

Gather supplies: Syringes, labels and a pen and begin hand expressing 1-2 times a day for 5-10 minutes.

Labeling and Storage:

Label each syringe with your name, date and time of collection.

Put syringes in a Ziplock bag and place in the back part of the freezer.

Transporting:

When it is time to come to the hospital, put your Ziplock bag of frozen colostrum in a cooler with an ice pack for transport.

When you arrive at the hospital, give your frozen colostrum to your triage nurse to put in the freezer as soon as possible.



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