

Colostrum Collection

Colostrum Harvesting

Antenatal Hand Expressing

Why might we teach a pregnant person about colostrum collection?

Colostrum to milk



For the mother:

Gestational
Diabetes

Expecting a
Pre-term birth

Multiples

Breast Hypoplasia
(under developed
breast tissue)

Beta blockers for
high blood pressure

Breast reduction or
breast surgery

Planned caesarean
or induced birth

Supporting a baby
that is slow to feed

To be familiar with
the technique
before the baby
arrives

To increase
confidence in the
process

Or if your baby has:

Cleft lip or palate

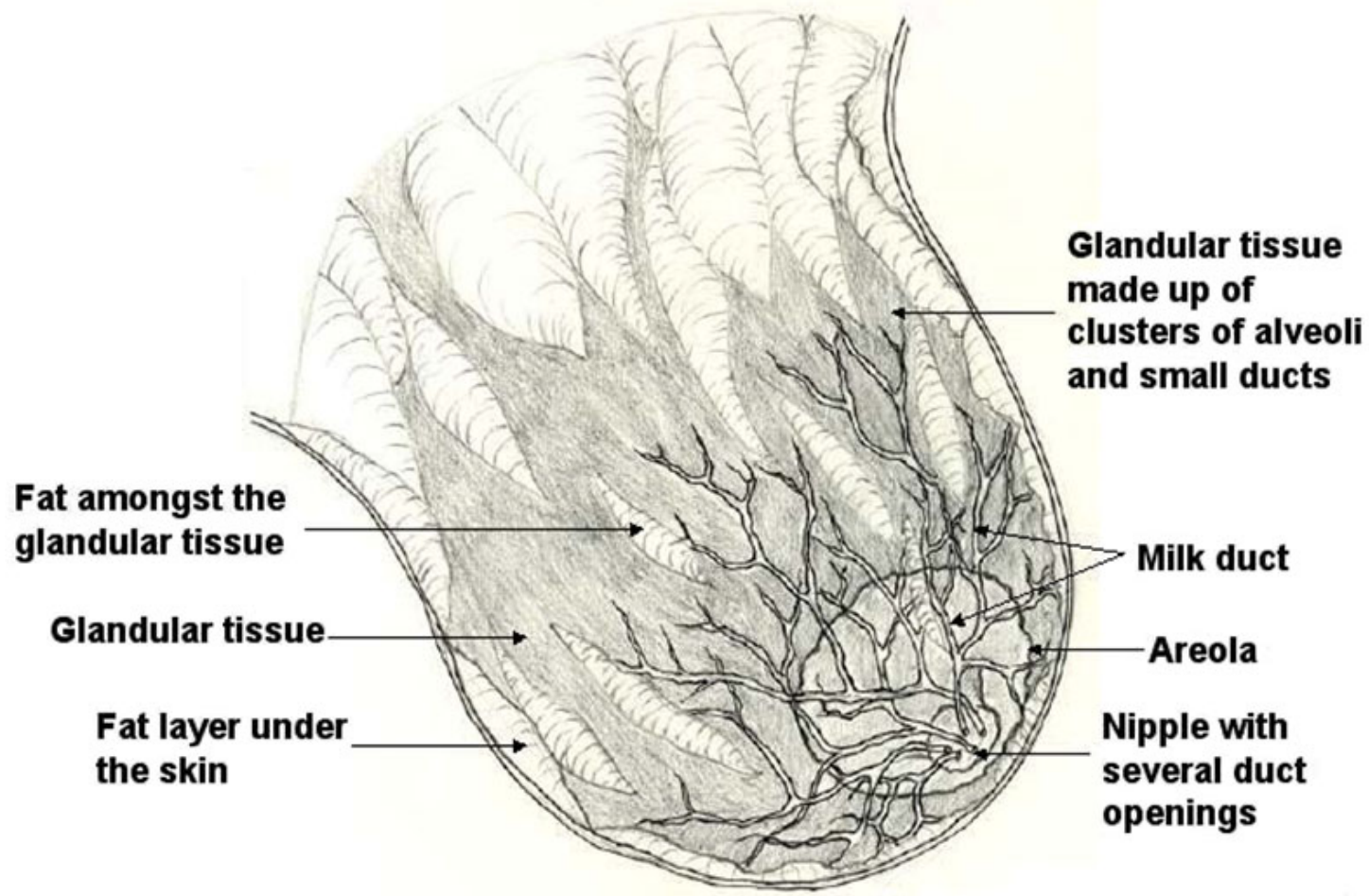
Intrauterine growth
restriction

Congenital
conditions such as
Down Syndrome or
cardiac
complications

Jaundice

How is it done?

Anatomy of the breast





How to express by hand

- ♥ Find the right spot
- ♥ Make a 'C' shape with thumb and fingers
- ♥ Squeeze gently
- ♥ Get a rhythm going
- ♥ Collect small drops straight into a 1ml syringe/on to a clean spoon
- ♥ Rotate around the breast
- ♥ Move to other breast

Helping the let-down

Keep it simple and pleasant – it's not a science!

- ♥ Relaxing atmosphere – music, soft lights
- ♥ Warmth
- ♥ Back massage
- ♥ Gentle breast massage (no dragging of skin)
- ♥ Gentle nipple rolling



When?

- ♥ From 36 weeks
- ♥ A couple of times a day
- ♥ 15-20 mins
- ♥ Build up to 4-5 times a day before the birth

It will hurt

**Concerns about
antenatal expression
of colostrum:**

Breast expression
will trigger
premature labour
contractions

What to expect

The first session of expressing may yield no colostrum

The next session may produce a few precious droplets

2 mls each time

Label

Name

Date

Hospital number



How to store colostrum

Express

You can express in to the same syringe or food safe container for 24 hours, OR until it is full. Whichever comes first

Freeze

Freeze the colostrum soon after expression.

Add

You can add more small amounts of colostrum to the frozen container.

Thaw

Thaw under running warm water, never in a microwave oven.

Use

Use the thawed colostrum within 24 hours.



**TELL EVERYBODY IT'S
THERE!!**



Keep in the freezer and only use if needed. – it is better for the baby to latch and feed directly whenever possible