

## Expressing colostrum in pregnancy (harvesting your colostrum)

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Learning to hand express your colostrum in pregnancy is a great way to prepare for your breastfeeding journey. By expressing your colostrum towards the end of your pregnancy you will be better prepared to meet any feeding challenges should they arise.

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### Colostrum: First type of milk

Your body will start to produce a milk-substance called 'colostrum' from around 16 weeks of pregnancy. Colostrum is a concentrated, sticky, yellowish substance which is easy to digest, helps to clear the meconium (first poo), reduces jaundice, and is **full of antibodies to help protect your baby from infection**. It is small in quantity but is everything your baby needs in the first few days of life; in fact, its relatively higher salt content helps to protect your baby from dehydration and also helps to regulate your baby's blood sugars.

For women with known risk factors (see below), we would strongly recommend harvesting colostrum but it can be useful for anyone to try. There could be unforeseen circumstances, such as you or your baby being unwell or separated following your birth and by having the colostrum in advance it minimises the chance of any delay in giving your own milk to your baby.

### Strongly recommended for:

- Mothers with diabetes.
- Planned Caesarean section or induction of labour.
- Twins or multiples.
- Anticipated cases of Special Care admission.
- Cleft lip or palate.
- Other medical conditions where challenges are anticipated (please discuss with your healthcare professional).

However, you should **avoid** expressing if you are at risk of pre-term labour.

### How can I express my colostrum?

Harvesting your colostrum by hand is more effective than using a pump because it is small in quantity and could become lost if using a pump. You can begin expressing a few times a day from 36 weeks of pregnancy (or before by arrangement). It helps to be warm and relaxed – trying in the shower/bath can be useful when you first try. Ensure your hands are washed,

massage your breast to aid the flow, then use your thumb and forefinger to compress the breast in a 'C' shape around 2-3cm from the base of the nipple. Use gentle pressure and build up a rhythm, press hold and release. Collect any droplets on a clean teaspoon. When the flow slows, rotate your thumb and forefinger around the breast and repeat. If you do not see any colostrum, try widening, or narrowing, your thumb and forefinger.

Store your 'harvested colostrum' in a freezer in small containers to bring in once your baby is born. It can be stored in the freezer in a see-through bag and will need to be labelled with your full name, date of birth and date of expression. When coming into hospital, bring some in an insulated cool bag with ice packs, and let the midwives know so it can be placed in our freezer.

If you are interested in expressing during pregnancy, please speak to your community midwife, and to find out more:

- Come to an infant feeding class ([www.royalberkshire.nhs.uk/infant\\_feeding.htm](http://www.royalberkshire.nhs.uk/infant_feeding.htm))
- Read the 'Off to the best start' leaflet (<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/off-to-the-best-start/>)
- Watch the Unicef expressing video clip (<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/video/hand-expression/>)

Hand expressing in pregnancy can be a great tool for you to prepare for breastfeeding. However, if you do not wish to express please rest assured that it is not vital to successful breastfeeding. Also, if you try hand expressing but do not obtain any colostrum this does not mean your

body is not producing any, nor does it mean your body won't be able to produce enough breast milk for your baby after birth.

### Contact information

For further information ask your community midwife. Speak to one of our infant feeding advisors by emailing the infant feeding team at

[infantfeeding.team@royalberkshire.nhs.uk](mailto:infantfeeding.team@royalberkshire.nhs.uk)  
or telephone on 0118 322 8314.

### References:

1. Ballarat Health Services (2010) The ante natal expression of colostrum Catalogue No 731074
2. Cox SG (2010) An ethical dilemma. Should recommending antenatal expressing and storing of colostrums continue? *Breastfeeding review* 18 (3) 5 – 7.
3. NICE Guideline NG3 (2015) <https://www.nice.org.uk/guidance/ng3> "Off to the best start" leaflet (Unicef 2015)
4. Video clip for expressing Unicef ([www.babyfriendly.org.uk/parents/resources/audiovisual](http://www.babyfriendly.org.uk/parents/resources/audiovisual))

More information is available on the Trust website: [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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