

Expressing your milk before the birth of your baby

Expressing colostrum in pregnancy



Obstetrics & Gynaecology

patient**information**

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: yourexperience@rothgen.nhs.uk

Slovak

Slovensky

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

كوردی سۆرانی

نەگەر تۆ یان کەسێک کە تۆ دەبناسی پێویستی بەیارمەتی هەبێت بۆ نەوادی ئەم بەلگەنامە بە تێبەگات یان بێخوێنتێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر نەو ژمارەییە سەرەودا یان بەو نێمەیلە.

Arabic

عربی

إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation company **Big Word**.

Big Word can be accessed through the search option on InSite.

Why should I express my milk in pregnancy?

Most expectant mothers can hand express milk in pregnancy. This should ONLY be done from 36 weeks onwards and ONLY after checking with your midwife.

Colostrum is the first milk you produce (from around 16 weeks) and will continue after the birth of your baby.

Your milk can help your baby grow and develop. Your milk can also help protect your baby against infection.

Learning to express your milk in pregnancy can be a really useful skill for lots of reasons.

Expressing your milk before the birth of your baby

It can help:

- boost your confidence when starting to breastfeed your baby
- ensure your baby receives your milk
- you to be more confident about your body

It can be especially useful for expectant mothers who are:

- expecting more than one baby
- having a planned caesarean section
- having induction of labour

Or expectant mothers who may have:

- diabetes
- multiple sclerosis
- any breast abnormalities
- previous breast surgery

Or expectant mothers who previously:

- experienced breastfeeding difficulties
- experienced low milk supply

Or expectant mothers whose baby may:

- be preterm
- be ill
- need extra care following birth

Information for expectant mothers with diabetes

Babies of mothers with diabetes are at risk of developing hypoglycaemia (low blood glucose levels) in the first 48 hours following birth. Colostrum helps stabilise blood glucose levels. If colostrum is available because a mother has expressed her milk in pregnancy this helps avoid using formula milk.

Studies show that breastfed babies are less likely to develop diabetes. Cow's milk (the main ingredient of formula milk) is thought to be a possible trigger for diabetes in childhood.

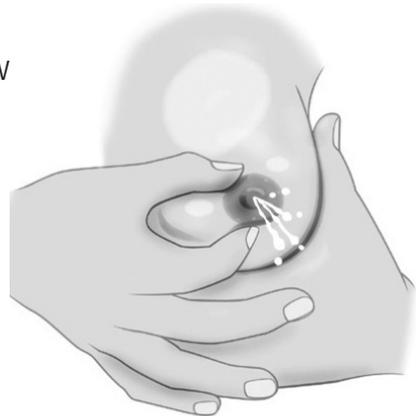
Sometimes expectant women notice that their own blood glucose levels drop when they start to express colostrum. This is because more energy is being used. If this is happening please contact the Diabetic Specialist Midwife or the Consultant.

Why hand express?

Colostrum is quite sticky, and appears only as drops; it is difficult to suck out with a pump so needs to be 'milked out' by hand.

How do I express my milk

1. Have a clean sterilised container/oral syringe to hand before you start.
2. Gently but firmly massage your breasts for a few minutes. Then roll nipples between finger and thumb for a few seconds.
3. Cup your breast and place your thumb and finger about 2-3 cm from the base of the nipple.
4. Using your thumb and the rest of your fingers in a C shape, gently compress this area – this shouldn't hurt.
5. Release the pressure and then repeat again and again, building up a rhythm. Avoid sliding your fingers over the skin. Drops of colostrum will appear. Colostrum is quite sticky and tends to only come out as drops.
6. If colostrum does not flow, try moving your fingers slightly towards the nipple or further away, and try again.
7. When the flow slows down, move your fingers round to express a different section of your breast and repeat. Whenever the flow slows move your fingers around the breast and repeat again. Do this until you have expressed all the way round the breast.
8. Repeat steps 2-7 on the other breast.



Helpful Hints

Try to AVOID sliding your fingers over your skin as this friction can make you sore.

It helps to be warm, relaxed and comfortable. Try practising in the bath or shower.

How often can I express?

Start expressing from 36 weeks, once daily.

Increase each day until expressing up to a maximum of 3 times daily.

Important

Towards the end of your pregnancy you may start to feel your bump going hard and then softening, this is your womb tightening and relaxing. These are called Braxton Hicks contractions and are quite normal. This may also occur when you express.

Stop expressing if these contractions become painful. The contractions are likely to settle. If they don't stop and you think labour may have started contact the Delivery Suite for advice.

Expressing your milk before the birth of your baby

How do I store my expressed milk

You will need to collect your milk in a sterile container. Staff can provide you with small oral syringes.

Colostrum can be collected in the same syringe within a 24 hour period. These can be placed in a small plastic bag or plastic container. Label them with your name, and the date and time you expressed.

Colostrum can be stored in the fridge for up to 5 days at 4°C or lower (towards the back, never in the door).

Colostrum can be stored for 2 weeks in the ice compartment of a fridge or for up to 6 months in a freezer.

When and how do I bring my milk into hospital?

When you attend hospital for the birth of your baby, remember to bring in your chilled/frozen colostrum. Bring it in a cool bag with an ice pack. Let your midwife know so that it can then be stored to prevent it from defrosting too soon.

Further information

If you have more questions please speak to your midwife or ring the hospital on **01709 820000** and ask to speak to the:

- Diabetic Specialist Midwife
- Infant Feeding Co-ordinator

How to contact us
Greenoaks Ante-Natal Clinic
Telephone 01709 424347

Labour Ward
Telephone 01709 424491

Switchboard
Telephone 01709 820000

**Your local midwife and GP
contact numbers will be on
your handheld maternity notes.**

Useful contact numbers
**If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.**

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

A&E

Telephone 01709 424455

**For GP out of hours,
contact your surgery**

Useful websites
www.therotherhamft.nhs.uk
www.nhs.uk
www.gov.uk
www.patient.co.uk

Easyread websites
www.easyhealth.org.uk
www.friendlyresources.org.uk
www.easy-read-online.co.uk

We value your comments
If you have any comments
or concerns about the services
we have provided please
let us know, or alternatively
you can contact the
Patient Experience Team.

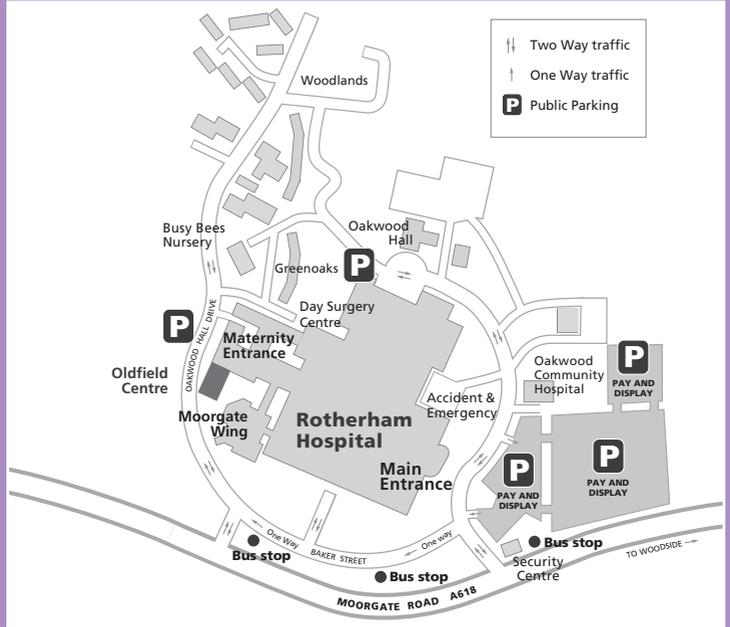
Patient Experience Team

The Oldfield Centre
The Rotherham NHS
Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

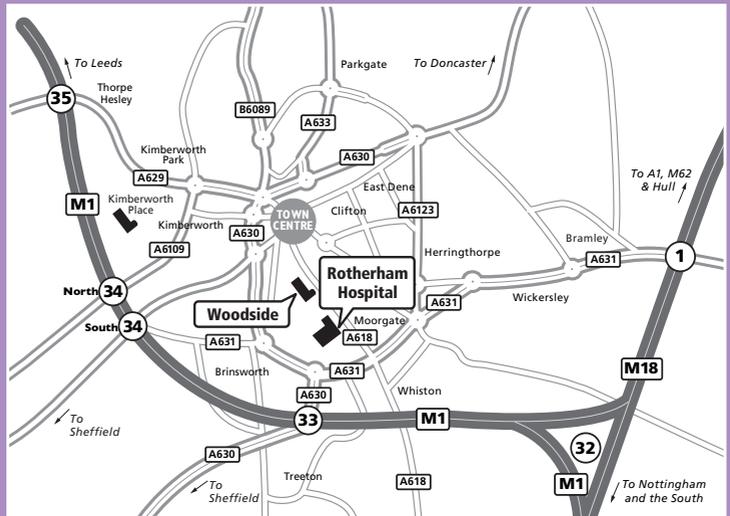
Telephone: 01709 424461
Monday to Friday
9.00am until 4.00pm
Email: yourexperience@rothgen.nhs.uk

How to find us

Hospital site plan



Rotherham main routes





LS XXX 08/16 V1 Jones & Brooks



The Rotherham **NHS**
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
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