

All eligible* pregnant women with diabetes who are wishing to breastfeed should be given information on antenatal hand expressing (ANHE), including rationale, technique, safe storage and equipment

Community/Clinic midwife

- **36 weeks gestation** Antenatal Hand Expressing Pack given
- **Complete contraindications checklist and file in notes**

(Depending on address and med hx not all women are seen at hospital clinic at this appointment)

Community Infant Feeding Team

- Running monthly information sessions on Near Me for diabetic women wishing more information or opportunity to discuss ANHE
- Session invites sent in GDM pack from diabetic nurses to RIE women, SJH clinic midwives will hand to WL women
- Clinic midwives/Community midwives also have access to invites for reminders and for T1 and T2 DM
- Invite for sessions contain link/QR code for waiting room.

Women can attend at any point in their pregnancy

Emphasise Confidence not Quantity

- Opportunity for women to learn, practice and build confidence with a skill that will be needed postnatally
- Fresh breastmilk and breast stimulation will continue to be prioritised in the early postnatal days
- Antenatal milk production is not an indicator of future milk production. **It is normal for some women to see no colostrum**

IF EXPERIENCING ANY UTERINE ACTIVITY THEN STOP

Storage

- Fridge 4°C 24hrs then discard
- Freezer (-18°C) up to 6months instructions in pack
- Must be labelled clearly, placed in plastic storage bag provided into fridge/freezer within 30mins

Encourage to keep colostrum at home

- Safe storage instructions are in ANHE leaflet.
- RIE and SJH have freezer/fridge for safe storage. HOWEVER, women are strongly urged to keep colostrum at home. Remember, if a woman has a store of EBM this woman can confidently hand express for her newborn if needed, this will protect and build her supply in the PN period. In special circumstances if baby relying on top ups then EBM can be brought in from home following the instructions as per guideline/ANHE leaflet

*Contraindications to ANHE

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| • <36 weeks pregnant | • Preterm rupture of membranes |
| • Previous C/S | • Multiple pregnancy |
| • TPTL or cervical suture in place | • Eczema/psoriasis/broken skin on hands and breasts |
| • Vaginal bleeding in current pregnancy | • MRSA infection |
| • Polyhydramnios | • Recurrent soft tissue infections |

Community infant feeding team can be contacted via Loth.InfantFeedingCMW@nhslothian.scot.nhs.uk for more information or for additional packs to be sent out to your team