

HARVESTING COLOSTRUM

FREQUENTLY ASKED QUESTIONS..

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What is hand expression?

Hand expression is quite literally expressing your colostrum via hand. Through massage and breast stimulation it is possible to begin to collect your colostrum from 37 weeks pregnant.

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How much colostrum will I get?

Every woman is different. You will produce colostrum in very small amounts to begin with-

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How do I store my colostrum?

You will be able to store it in sterile syringes or bottles. These will then need to be labelled and stored in the freezer. These are available from your midwife/ MCA.

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Do I take my colostrum to the hospital with me?

Yes! Transport your frozen colostrum in a cool bag, with ice packs to keep them frozen. Once you get to the Maternity Ward/ Birthing Suite, pass them onto the midwife caring for you and she will store them in the freezer, ready for baby's arrival.

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What if I don't 'get anything' when I hand express?

That's ok! It is no reflection on your breastfeeding journey. At this stage even just gentle stimulation is a great way to prepare for breastfeeding.

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Do I have to breast feed if I express my colostrum?

No! Some women still want to give their baby the goodness of their colostrum, without breastfeeding.

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What are the benefits to hand expression?

Hand expression is a great way to prepare for breastfeeding.
Excellent for stimulating milk supply.
It's a good way to try and tempt your baby to feed.
It's a great way to feed your baby, if they're not feeding effectively to begin with.
If your baby is in the Neonatal Unit, it is a great way to provide your milk.
It's a good way to relieve blocked milk ducts.
Even if you're not wanting to breastfeed, your baby can still get all the goodness of your colostrum into your baby.

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How do I hand express?

Great question! Why not give your midwife or MCA a text and they will be more than happy to give you a demonstration. They will then supply you with everything you'll need to hand express at home.