

## **Hand expressing Questionnaire**

**1. Have you heard about Hand expressing colostrum/ breast milk?**

**YES**

**NO**

**2. Have you heard about Antenatal Hand expressing colostrum/breast milk?**

**YES**

**NO**

**3. What is your experience with hand expressing breast colostrum/milk?**

**4. When during pregnancy would be a good time to learn about hand expressing breast milk/ colostrum?**

**5. Would you consider learning to hand express your own colostrum /breast milk when you have a date booked for your Induction of Labour?**

**6. What information would you like to know about? Please mark**

**A. How will I learn to hand express**

**B. How often will I have to hand express?**

**C. What equipment will I need?**

**D. How will I collect the equipment?**

**E. How will I store the expressed breast milk/colostrum**

**7. Do you think learning about the benefits of hand expressing colostrum/breast milk will help prepare you for breast feeding your baby?**

**8. If you are breast feeding your baby, do you know how to hand express your own breast milk/colostrum?**

**9. How did you receive information about how to hand express breast milk/colostrum**

**Please circle all that apply**

**Member of staff**

**booklet**

**Film**

**Knitted breast**

**website link**

**other- please write**

**10. Did you expect to get colostrum/ breast milk?**

**11. How did you collect your expressed breast Milk?**

**Syringe**

**Bottle**

**Other**

**12. When did you use the expressed Colostrum/Breast Milk?**

**13. Can you suggest any other information you think may be helpful?**

**Thank you for your support in completing the questionnaire.**