

Contra-indications checklist for women wishing to antenatally express colostrum

Name of Woman

Address

Contact Number

Verbal consent

Parity/EDD/.....

Risk factor

Booked Delivery Date if Known

Over 36 weeks pregnant

No cervical incompetence

Does not have cervical suture

Has not had threatened or actual preterm labour

Does not have polyhydramnios

No vaginal bleeding

Date Antenatal Expressing Pack given

Signature of midwife giving the pack