



Antenatal colostrum collection

Information for patients from the Infant Feeding Team

This leaflet aims to provide a useful introduction for pregnant women on how to collect and store colostrum until baby arrives. If after reading this leaflet you still have questions, please speak to your midwife who will be able to answer your questions.

What is colostrum? Why is it good for my baby?

The first breast milk your body makes is known as colostrum and it is produced from about 16 weeks of pregnancy. It is usually a golden yellow colour and often very sticky. It is very easy for baby to digest and therefore the perfect first food for baby.

It is concentrated in nutritional properties, so baby will only need small amounts in the early days.

- Colostrum is full of antibodies to help protect your baby from infections.
- It has a laxative effect, to help baby pass the early stools.
- It can reduce the effects of jaundice in your baby.
- Giving baby colostrum is a good way to help to regulate their blood sugar levels.

Why are you recommending that I should collect my colostrum before my baby is born?

Collecting colostrum before your baby is born can be useful for everyone, but is very helpful if we think your baby may have challenges with breastfeeding or keeping their blood sugar levels stable in their early days.

This might be because:

- your baby is large or small for their gestational age
- you are expecting twins or triplets
- your baby has a cleft lip or palate; or
- they have a heart or other diagnosed condition.

It might be useful for you if you:

- are diabetic or have developed diabetes in pregnancy
- are taking beta-blocker medication for raised blood pressure
- plan to have a caesarean birth
- have had breast surgery; or
- have other reasons identified by you or your healthcare provider.

It is useful for all mums to learn the skill of hand expression, so that if you are unexpectedly separated from your baby, they can have access to your milk immediately.

Do I have to collect my colostrum?

It is your choice if you wish to collect colostrum during your pregnancy. Collecting colostrum can be useful in preparation for breastfeeding but is not essential to ensuring successful breastfeeding.

When should I start collecting my colostrum?

We suggest you may want to start colostrum collection from around 36 weeks of pregnancy. If you find you leak colostrum before this time you may wish to catch it in a 1ml syringe. You can ask your midwife for a colostrum collection pack or they are available from the Antenatal Clinic, the Diabetic Team, or from the Infant Feeding Team. Individual syringes are also available to buy from your local pharmacy.

You can start hand expressing once a day for a few minutes, gradually increasing up to five to 10 minutes, two to five times a day. It is usual to get only a drop or two to start with; this should increase over the days as you express more. A baby only needs very small amounts of colostrum during the early feeds, so any amount you collect will benefit them. Do not be alarmed if you cannot express any colostrum as this is not an indication of your milk supply. Please ask your midwife for further support if you are worried about the amount of colostrum you are able to collect. Find a time when you can be comfortable and not rushed, as research suggests collecting colostrum works best when you are relaxed and can take your time.

Collecting colostrum by hand is more effective than using a pump. Only small amounts of colostrum will be produced and this could be lost when using a pump.

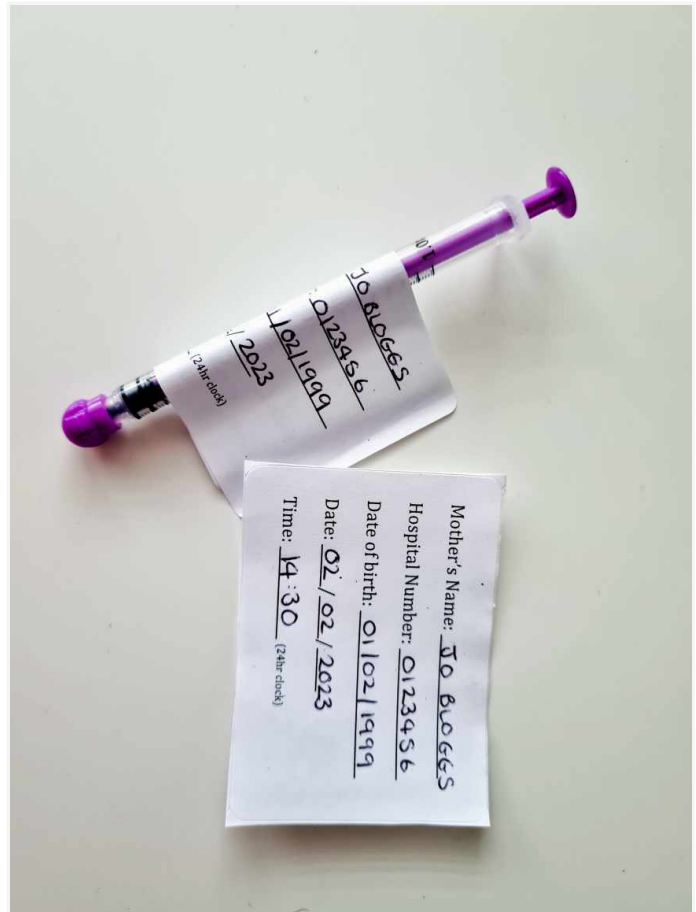
How do I collect the colostrum?

You will need a 1ml syringe for each time you collect colostrum, and a label.

- Wash your hands before you begin, with soap and hot water, and dry.
- It may be useful to massage your breasts before you start to express or try expressing after a warm bath or shower.
- Cup your breast and place your thumb and finger about 2 to 3cm from the base of your nipple.
- Use your thumb and the rest of your fingers in a C shape and gently squeeze. Pressure should be firm but not painful.

- Release the pressure and then repeat again and again. Avoid sliding your fingers over your skin as this can cause soreness and may damage your skin.
- Move your fingers around your breast and repeat the process on a different section of your breast.
- Small drops of colostrum should begin to appear, this may take practice and several tries.
- These drops of colostrum can be caught in a small syringe or sterile lidded container.
- You may find moving your fingers slightly forward, toward your nipple or further away, may work better for you.

A new syringe should be used each time you collect colostrum. It is useful to label each expression with the date and time it was collected. If you are bringing the expressed colostrum in to the hospital, the label must also have your full name, date of birth, and hospital number on it (this can be found on the label on the front of your pregnancy notes).



Syringe with milk label attached. Milk labels can be found in the kits provided by maternity staff.

What if the collection hurts? Should I stop?

Some women find their breasts are tender during pregnancy. Collecting colostrum should not make your breasts sore; you may find you need to change the pressure you use or the placement of your fingers for a more comfortable experience. Please speak to your midwife or visit your local breastfeeding group if you need more support.

If you experience painful contractions following antenatal colostrum collection that do not subside after you stop, please telephone one of the Delivery Suites for advice.

- **William Harvey Hospital, Delivery Suite**
Telephone: 01233 616124
- **Queen Elizabeth the Queen Mother Hospital, Delivery Suite**
Telephone: 01843 292494

How do I store my colostrum?

- Expressed colostrum can be kept in a refrigerator below 4°C for up to five days. The door is often the warmest part, so colostrum should not be stored there.
- Colostrum can be stored for two weeks in the ice compartment of a fridge or for up to six months in a freezer.

- Defrost the frozen colostrum in the fridge and use immediately.

Should I bring my colostrum in to hospital when I give birth?

Yes, frozen expressed colostrum can be brought into the hospital. This should be placed between ice packs and stored in a cool bag.

Please let a member of staff know you have frozen colostrum when you arrive, they will check it is labelled correctly and sign it in to the freezer for you. When you are ready to use the colostrum, a member of staff will sign it out of the freezer for you. Please remember to take any unused colostrum with you when you leave the hospital. Colostrum left in the freezer after you go home will be disposed of if we cannot contact you.

How do I give colostrum to my baby safely?

Giving your baby colostrum from a syringe should only be done under guidance from maternity staff. They will make sure you know how to do this safely.

Important safety information

- **Infant feeding syringes have a free-fastening lid, which must be removed before giving expressed colostrum or milk to your baby.**
- **Always keep syringes and lids away from babies and children.**

Are there any risks to collecting colostrum?

Mothers should not hand express colostrum if:

- they are at risk of pre-term labour
- have a history of pre-term ruptured membranes; or
- they have a cervical suture in place.

Hand expressing before 36 weeks is unlikely to start labour in women who are not at risk of pre- term labour. Some women may experience some painless tightening's, often known as Braxton Hick contractions, this is normal.

Useful information

- UNICEF: Hand expression video (<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/hand-expression-video/>)
- UNICEF: Off to the best start leaflet (<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/off-to-the-best-start/>)
- NHS: Expressing and storing breast milk (<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/expressing-breast-milk/>)
- Gestational Diabetes UK: Colostrum harvesting (<https://www.gestationaldiabetes.co.uk/colostrum-harvesting/>)

- Association of Breastfeeding Mothers (ABM): Expressing your milk before your baby arrives (<https://abm.me.uk/breastfeeding-information/antenatal-expression-colostrum/>)

What if I have any further questions or concerns?

You are welcome to go to a breastfeeding support group during your pregnancy for further information and support. Your local group can be found on the Bedside You web site (<https://www.wearebesideyou.co.uk/>).

Please speak to your midwife if you have any questions or contact the Infant Feeding Team via email (ekhuft.infantfeeding@nhs.net).

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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