

Antenatal Colostrum Collection

This information is for mothers whose babies may be at risk of hypoglycaemia (low blood sugar) after birth.

Rationale of collecting colostrum before your baby is born:

Following birth, colostrum (first milk) is the ideal food for babies because of its nutritional and protective qualities. Colostrum given, in addition to breast feeds, can help to maintain blood glucose levels thus avoiding the use of artificial formula milk.

Having colostrum available for your baby soon after birth is particularly important for:

- Babies of diabetic mothers (including gestational diabetics)
- Babies at risk of prematurity
- Babies diagnosed antenatally with certain conditions
- Babies born to mothers who are taking certain medications e.g. high blood pressure medicines

When to collect colostrum:

Colostrum is produced during pregnancy and can be expressed by hand from 36 weeks of pregnancy. A member of our infant feeding team will explain to you at the colostrum collecting clinic how to express your colostrum as well as how to store it at home.

Useful contact numbers for further advice:

- Infant Feeding Specialists: Jan Gatehouse & Sally Sidhu ☎ 01892 638141
- Diabetic Midwife: Wendy Bracey and Sue Reynolds ☎ 01892 633044
- Maidstone Community Liaison ☎ 01622 220164
- Sophie Preston ☎ 01622 220163

Useful Resources:

- www.unicef.org.uk/babyfriendly (go to the parent's section)
- www.breastfeeding.nhs.uk
- www.breastfeedingnetwork.org.uk
- www.kentbabymatters.org
- DVD 'From bump to breastfeeding' Department of Health (DoH)
- National Breastfeeding helpline ☎ 0300 100 0212