



# Colostrum Collection in Pregnancy

When to start and how to do it



# Antenatal Colostrum Collection: who benefits?

A mother who has:

- Diabetes, including gestational diabetes
- A raised BMI (35 or above)
- A multiple pregnancy (twins or triplets)
- A breast abnormality or previous breast surgery
- Taken certain medication during pregnancy & treatment for high blood pressure (for other medications your midwife or doctor will advise)
- Found breastfeeding challenging previously

# Antenatal Colostrum Collection: who benefits?

## If baby is:

- At risk of prematurity (being born before 37 weeks of pregnancy)
- At risk of being small for gestational age
- Diagnosed antenatally with cleft lip or palate
- Diagnosed antenatally with chromosomal disorder (eg Down's Syndrome)



# Freshly expressed colostrum can be stored in:

Where	Use Before
Room	6 hours
Fridge (5°C – 10°C)	3 days
Fridge (0°C – 4°C)	8 days
Freezer (-18°C or lower)	6 months

## Frozen **colostrum** can be:

- Used immediately if defrosted at room temperature
- kept for up to 12 hours if defrosted in the fridge.

## Top Tips for expressing Colostrum

- Pressure should always be backwards, towards chest wall and pain free throughout
- Do not slide fingers forward during compression
- A maximum of 10mins expressing from each breast up to three times a day is sufficient
- Colostrum may be slow to appear, just be patient and relaxed! It can take several attempts