

Antenatal Colostrum Collection

Information for patients

The information in this leaflet is for those whose babies could be at risk of hypoglycaemia (low blood sugar) after birth.

Rationale for collecting colostrum before your baby is born

Following birth, colostrum (first breast milk) is the ideal food for babies because of its nutritional and protective qualities.

In some instances (see below), expressed colostrum may need to be given in addition to breast feeds to help maintain blood glucose levels. This potentially minimises the need to use artificial formula milk.

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

- Babies of diabetics (including gestational diabetics)
- Babies at risk of prematurity
- Babies diagnosed antenatally with certain conditions
- Babies in a multiple pregnancy
- Babies born to those who are taking certain medications e.g. high blood pressure medicines
- Babies born to those who have a high BMI (body mass index)

When to collect colostrum?

Colostrum is produced during pregnancy and can be expressed by hand from 36 weeks of pregnancy.

You will be invited to attend a colostrum collecting clinic and a member of our infant feeding team will explain how to express your colostrum and how you can safely store it at home.

Useful contact numbers for further advice:

Infant Feeding Lead midwives ☎ 01892 638141

Diabetes midwives ☎ 01892 633044

Maidstone community midwives:

Email: mtw-tr.maidstonemidwifery@nhs.net

Telephone: ☎ 01622 220164

Crowborough midwives (based at the Birth Centre):

☎ 01892 654080

Useful Resources:

Website: www.globalhealthmedia.org

The relevant, visual graphic in this video can be found in the small babies section called 'expressing the first milk'.

This begins at about 2 minutes 30 seconds into the video.

www.unicef.org.uk/babyfriendly
(go to the parent's section)

www.breastfeeding.nhs.uk

www.breastfeedingnetwork.org.uk

www.kentbabymatters.org


National Breastfeeding Helpline ☎ 0300 100 0212

DVD Department of Health - 'From bump to breastfeeding'

Please use this space to write any notes or questions you may have.

Further information and advice can be obtained from:

NHS 111
NHS Choices online

 **111**
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone:  01622 224960 or  01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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