



## Antenatal Colostrum Collection by Hand Expressing

Current research supports the safety of antenatal hand expressing of colostrum due to its potential benefit of supporting a mother whose goal is to exclusively breastfeed her baby. Expressed colostrum can be used for supplementation when needed.

Antenatal colostrum collecting may be medically indicated for you and your baby in the following scenarios:

- Have diabetes of any kind (colostrum stabilizes blood sugars more than formula)
- Are taking beta blockers to control high blood pressure
- Had previous breast surgery
- Had history of low milk supply

Or if baby has:

- Sibling with history of high jaundice levels requiring supplementation
- Known cleft lip or palate
- Congenital conditions such as Down syndrome or cardiac complications.

Expressing colostrum is **ONLY** recommended after 36 weeks and in low-risk pregnancies. **Always** consult with your physician or midwife before initiating.

The following references can help you get started. If you decide you would like to begin collection, storage syringes can be obtained at our office.

- <https://www.moremilksooner.com/videos>
- <https://www.lli.org/the-benefits-of-antenatal-colostrum-harvesting/>
- <https://abm.me.uk/wp-content/uploads/ABM-antenatal-expressing.pdf>
- <https://www.breastfeeding.asn.au/bfinfo/antenatal-expression-colostrum>

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