

# Antenatal Expressing

Antenatal expressing is the process of expressing colostrum before your baby arrives. Generally, you may commence expressing at 36 weeks gestation. Begin with three to five minutes of hand expressing on each breast; two to three times a day. **You should stop expressing immediately if you are having contractions at any time.**

## *how to hand express*

1. Use a heat pack and place on your breasts or express in the shower – the warmth will help your flow
2. Massage your boob to help with the flow also before starting
3. Position your thumb and first finger on the edge of the areola in a C shape
4. Push downwards and inwards and bring finger and thumb towards the nipple
5. It may take a while, but small droplets of colostrum should start to form
6. Use a syringe to suck these up
7. Label the syringes with the date and time collected and store in the freezer
8. Don't forget to take to the stored colostrum to the hospital and ask staff to put in the freezer on arrival

## *do not express if:*

- You have a history of or are currently experiencing, threatened or actual preterm labour
- You have a history of or are currently experiencing, cervical incompetence
- You have had a suture put in your cervix to prevent preterm labour
- You have a history of bleeding through pregnancy or placenta praevia (your placenta is near to, or covering, your cervix)
- Your doctor has advised against expressing
- And stop if you have any contractions, if you experienced any vaginal bleeding or loss, or you notice a change in your baby's movements