

Antenatal Hand Expression



Expressing colostrum during late pregnancy

i Always talk with your obstetrical provider before starting

Antenatal Hand Expression & its Possible Benefits?

- Gain confidence in hand expression
- Supports lactation after delivery
- Stored colostrum may be used if supplementation is needed
- Provides nutrition for newborns with low blood sugar
- Low blood sugar is more common with

diabetes during pregnancy, and in premature, very small, or very large babies.



Why Learning Hand Expression Can Help

- Helpful if parent and baby are separated
- Often more effective than a pump to remove colostrum
- Supports milk production in some medical situations
- Useful for engorgement or helping baby latch



When to Start & How Often

- Usually at or after 36 weeks
- No more than twice per day
- Up to 10 minutes per session

- ✓ It's okay to skip days
- ✓ It's okay to stop if it causes distress
- ✓ Getting only drops (or none) is normal

Do not use a breast pump during pregnancy.

If You Choose to Collect Colostrum

- Apply warmth
- Hand express into a small container
- Collect drops with a 1–3 mL syringe
- Label with name, date, and time
- Freeze if not used within 3 days

Check out this UNICEF video on how to hand express.



Expressing little or no colostrum during pregnancy does not predict milk production after birth.