

# MORE MILK SOONER

Instructions for  
Patients



## HAND EXPRESSION IN PREGNANCY

Hand Expression in pregnancy can assist you to have an easier time starting and continuing breastfeeding. It may also help your body get ready for labour. It is normal to not collect any colostrum while hand expressing. Keep expressing! It is **doing** hand expression that helps you to have More Milk Sooner.

LEARN HAND  
EXPRESSION  
ON OUR  
YOUTUBE  
CHANNEL



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## WHEN CAN I START EXPRESSING?

PLEASE DISCUSS WITH YOUR DOCTOR OR MIDWIFE  
BEFORE STARTING

GENERALLY WOMEN START EXPRESSING AT 36 WEEKS.  
YOU SHOULD STOP EXPRESSING IF YOU HAVE PAINFUL  
CONTRACTIONS BEFORE 37 WEEKS

**SPECIAL CONSIDERATION BY YOUR DOCTOR OR MIDWIFE IS  
NEEDED PRIOR TO STARTING IF:**

- YOUR BABY IS MEASURING SMALL FOR GESTATIONAL AGE
- A PREVIOUS C-SECTION
- ANY OTHER OBSTETRICAL OR MEDICAL ISSUES
- IF YOU ARE PREGNANT WITH MORE THAN 1 BABY

**DO NOT EXPRESS IN PREGNANCY IF YOU:**

- HAVE THREATENED OR ACTUAL PRETERM LABOUR
- HAVE A SHORT CERVIX, CERVICAL INCOMPETENCE OR A CERVICAL CERCLAGE (A STITCH HOLDING YOUR CERVIX CLOSED)
- HAVE HAD BLEEDING DURING YOUR PREGNANCY
- HAVE A LOW LYING PLACENTA OR PLACENTA PREVIA
- HAVE HAD PREVIOUS MULTIPLE C-SECTIONS OR PREVIOUS "CLASSIC C-SECTION"

## WHAT IF I CANNOT EXPRESS IN PREGNANCY?

DO NOT WORRY!

Focusing on hand expression in the first hour and 24 hours after birth will get your milk production off to a great start!

# MORE MILK SOONER RESOURCES

moremilksooner.com



## HOW OFTEN?

Week 36-37 once daily for 5 minutes  
37 weeks onward 3-4 times a day for 5-10 minutes.  
Switch back and forth between breasts every 2-3 minutes

## BRINGING YOUR COLOSTRUM TO THE HOSPITAL

Bring your colostrum frozen in a cooler to the hospital.

Keep it frozen during delivery you can get ice from the ice machines if you need extra ice.

If your baby needs the colostrum, thaw it in the syringe on your chest and feed. Often families do not need to use their stored colostrum.



## Tips From Parents

Parents often say the partner is able to collect more colostrum when they do hand expression while the mom relaxes

## COLLECTING AND STORING YOUR COLOSTRUM

In the first week, you might consider practicing in the shower to help you learn. Once your colostrum starts dripping easily, often in the second week, start collecting! Families say using the syringe to suck up the bead of colostrum right off of the nipple works best. Do not use a breast pump.

Colostrum can be collected two to three times each day in the same syringe. You will need to store the capped syringe in the fridge between uses. At the end of the collecting day, your colostrum can be frozen—label the syringe with provided label and place it into a zip-lock bag. Label the zip-lock bag before putting into the freezer.

When going to the hospital to deliver, bring only 3 syringes, unless you are delivering far away from home and wouldn't be able to get someone to bring your frozen colostrum.

If you do not have access to refrigeration, don't worry about collecting and storing the colostrum but still do the hand expression.

## HOW MUCH WILL I GET? WILL I STILL HAVE COLOSTRUM WHEN MY BABY COMES?

Normal amount is 0-5 ml for the whole time you express prenatally.

Some people are able to produce lots of colostrum, you can use breastmilk storage bags to store your extra colostrum in once you have filled the syringes.

Even if you do not get a drop you are still activating the milk making cells which will get your milk production off to a great start. Your body will still make colostrum after your baby arrives!

For full references please visit [moremilksooner.com](http://moremilksooner.com)