



*Julie Bouchet-Horwitz, FNP-BC, IBCLC
Hudson Valley Breastfeeding, LLC
9 Hudson Road East
Irvington, New York 10533
914.231.5065
jbouchet@hudsonvalleybreastfeeding.com
www.hudsonvalleybreastfeeding.com*

Antenatal Hand Expression

- Sit upright and massage, stroke, and shake the breast
- Hold one breast with one hand and a syringe in the other
- Hold the breast in the “north/south” position with the fingers near the edge of the areola and/or two inches from the nipple. You could also hold the breast in the “east/west” position if that is easier
- Press into the breast
- Bring your fingers closer together while pressing into the breast
- You should hit an area that yields a drop of colostrum
- Hold the syringe with the other hand and gently pull on the plunger to “vacuum” up the drop or drops of colostrum
- Continue to express the breast and switch sides when the drops diminish
- Remove the air by sliding the plunger closer to the tip of the syringe
- Go back and forth between the breasts
- It works better to switch to the other side as soon as the drops diminish
- Cap the colostrum and refrigerate
- Use the same syringe for 24 hours and then cap it
- Seal the syringe in a zip lock bag and label with your name and date
- Try to express 3x/day or less if you are collecting a lot of colostrum
- When you go to the hospital, put the frozen bags of colostrum in a large zip lock bag LABELED with your name and date.
- Place the bag in the bottom of a small cooler (a six pack cooler is fine).
- Cover with frozen gel packs and then bubble wrap to insulate it.
- Ask to place the frozen colostrum in the freezer at the hospital.
- Once defrosted the colostrum must be used with 24 hours.

Supplies:

- 1-3 ml syringes and caps
- Quart size zip lock bags
- One gallon size zip lock bag
- Labels
- Small lunch cooler
- Frozen gel packs
- Fill the air in the top of the cooler with bubble wrap

Permission granted to reproduce this material with citation of the original source:

Julie Bouchet-Horwitz, FNP-BC, IBCLC