

Prenatal Colostrum Collection

Colostrum is the 'first milk' that may start leaking in the third trimester. It is packed with nutrients and antibodies to protect baby and help them grow. It can be thin, sticky, clear-yellow colour. Usually only a few drops to a teaspoon are produced at a time. Milk will not change to white and increase in volume until 3-5 days after birth.

Stimulation of the breast tissue 'primes the pump' for milk to be produced and helps mature milk come in faster. This is especially important for moms with medical conditions such as gestational diabetes or babies who may struggle to latch (eg. sleepy from jaundice).

If you want to collect your colostrum that is great! Using clean hands, colostrum is hand expressed into a clean medicine cup, table spoon or shot glass. These droplets can then be sucked up using a clean syringe. This can be capped, labelled and popped into the freezer until baby arrives. Contact public health or a local pharmacy for supplies.



<https://www.moremilksooner.com/>



<https://firstdroplets.com/>