

## Antenatal milk expression by hand for mothers with gestational diabetes

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Expressing breast milk by hand is recommended in late pregnancy if the baby is at risk of hypoglycaemia (low blood sugar) after birth:

- This includes babies of mothers with gestational (pregnancy) diabetes
- Express milk for at least 20 minutes per day starting from pregnancy week 37 or as instructed. You may express e.g. for 10 minutes in the morning and for 10 minutes in the evening

### Manual Expression Technique

The Naistalo.fi website has a good video on how to express milk by hand. You may watch the video.

- Wash your hands and clean your breasts before expressing milk.
- Your posture may be slightly hunched forward.
- You can prepare the breast for expression by massaging it gently using the palm of your hand (Figures 1 and 2)
- Next, massage the breast towards the areola to stimulate the milk ejection reflex (Figure 3)

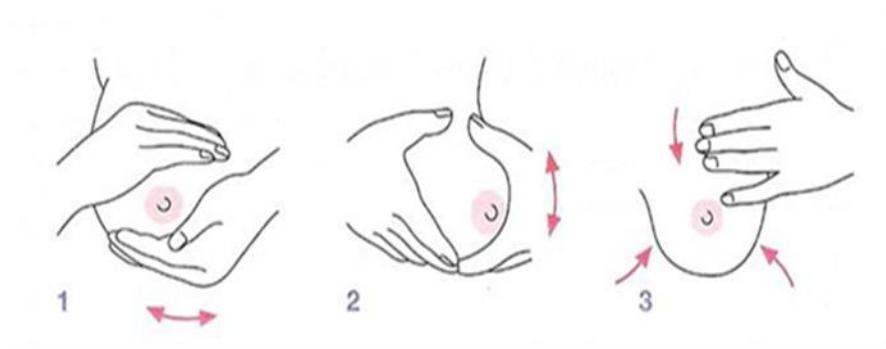


Illustration: Deufel & Montonen, Onnistunut imetys

- Place your fingers and thumb on both sides of the areola, about 2.5 to 4 cm from the nipple. Press the thumb and index finger lightly together and simultaneously back towards the chest, with the remaining fingers lightly supporting the breast (Figure 4)
- Press the thumb and index finger together and express the milk with a "rolling" motion (Figure 5)

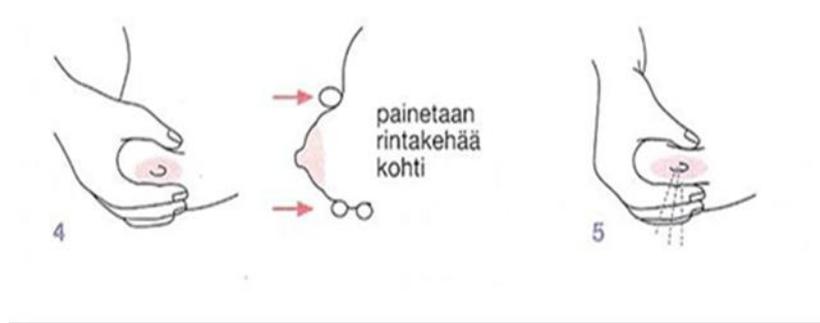


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Avoid rubbing or stretching the skin of the breast. Also remember that the breast is not drained by squeezing the nipple. If expression hurts, the technique is incorrect. One breast is expressed for a minimum of 3 to 5 minutes before moving on to the other. The expression is then repeated for both breasts.

- Once colostrum starts to flow, harvest the milk in a medicine cup, spoon, or a clean container, from which you may then pour it into a resealable plastic bag.
- Store the bag with milk in the refrigerator for 24 hours. You may pour in more milk next time after chilling it. Freeze the resealable bag within 24 hours of first expression.
- Store the bags in the freezer. Label each bag with name and date.

Take the resealable bags with you when coming in to give birth. For the journey, pack the bags using freezer blocks to ensure an undisrupted cold chain. You must purchase the freezer blocks yourself.

The resealable bags are stored in the refrigerator of the breast milk kitchen and are given to babies in the delivery room or at the ward when necessary.

Satasairaala

[Satasairaala website you can find at www.satasairaala.fi](http://www.satasairaala.fi)

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