

MANUAL EXPRESSION OF BREAST MILK

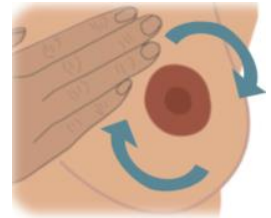
Manual expression of colostrum or breast milk is a free, simple, and practical technique that can be used for a variety of reasons. Here are some examples: build up reserves to feed the newborn, maximize milk production, relieve an overfull breast, or provide an immune treatment for a premature or sick baby.

IMPORTANT

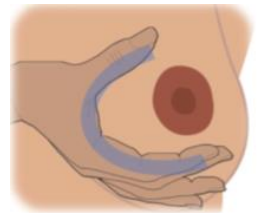
Do not manually express colostrum before the 37th week of pregnancy. Make sure you have doctor's approval before you start.

HOW TO EXPRESS BREAST MILK

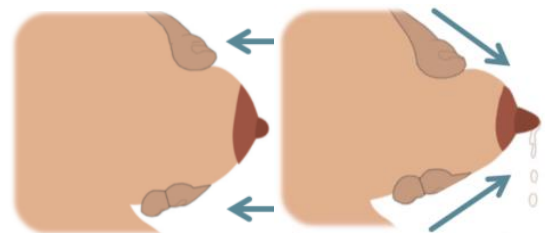
1. Wash your hands with soapy water and keep a clean container within reach.
2. Gently massage the breasts in a circular motion using your fingertips or rolling your knuckles from the top of the breast towards the nipple. Massage all around the breast once or twice before starting to express milk.



3. Position your hand around the breast to form a "C," with the tips of the thumb and forefinger facing each other, 2 to 5 cm from the nipple, like a pair of pliers.



4. Push the mammary gland towards you and then gently compress, using your fingers, towards the tip of the breast. Be careful not to let your fingers slide or compress the nipple. The movement should not leave any marks or be painful.



Illustrations : The Ottawa Hospital

5. Repeat this sequence rhythmically for around 5 minutes on each breast or more depending on the flow.
6. Move your fingers around the breast to express milk in all areas of the nipple. Colostrum may take a long time to come out and will flow in drops. The quantities are usually small, especially the first few times.

Watch this short video produced by the Fondation OLO, which shows you the most effective technique for expressing your milk manually. ↓ (bit.ly/3TVD8ny)



HANDLING, STORAGE AND LABELING OF BREAST MILK AT THE HOSPITAL

GENERAL PRINCIPLES

- Wash your hands before and after handling breast milk.
- Clean all surfaces on which the milk is handled, before and after handling.
- Collect the colostrum or breast milk in a clean container.

LABELING

- Syringes or containers used to store breast milk must be labeled in indelible (permanent) ink with information allowing dual identification of the mother and baby:
 - baby's name and record number (if available);
 - mother's name and record or RAMQ number;
 - time and date of milk expression;
 - time and date of freezing;
 - time and date of thawing;

STORAGE

- If necessary, transfer the colostrum or collected breast milk to a container for storage.
- If the quantity is small, use syringes with a stopper and put them in a resealable bag.
- If the quantity is large, use bags or containers designed for storing breast milk.
- Never exceed the container's graduation limit.

PRESERVING BREAST MILK IN HOSPITAL

- Fresh or refrigerated breast milk keeps for 4 hours at room temperature.
- Fresh breast milk can be stored for 48 hours in the refrigerator.
- Thawed breast milk can be kept 24 hours in the refrigerator.
- Frozen breast milk keeps for 6 months in the refrigerator freezer and 12 months in a chest freezer.

***AFTER YOUR BABY'S HOSPITALIZATION, PLEASE REFER TO THE GUIDE FROM TINY TOT TO TODDLER
([HTTPS://WWW.INSPO.QC.CA/EN/TINY-TOT](https://www.inspq.qc.ca/en/tiny-tot)) TO LEARN ABOUT THE FOLLOWING RECOMMENDATIONS FOR STORING
BREAST MILK***

TRANSPORTING BREAST MILK

- Transport breast milk in a cooler with ice packs to keep it cold or frozen, as appropriate.
- Partially thawed breast milk cannot be returned to the freezer. It should be placed in the refrigerator to thaw completely.

If your baby is receiving oral immunotherapy (OIT), please refer to this information sheet:
Préparation et entreposage de l'ITO.

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