



Buccal Colostrum

NHS
West Midlands
Neonatal Operational Delivery Network

Colostrum is the milk produced by mothers in the first few hours & days after birth. It is extremely rich in growth & protective factors. These help to develop babies immature systems and protect them from infection and complications of premature birth.

Early expressing & administration of colostrum is encouraged immediately after birth



No other medicine can offer this protection & stimulate development in this way. Giving drops of colostrum directly into the mouth (buccal) helps baby in 3 main ways

- ▶ **Boosting the immune system by stimulating immune tissue & by direct absorption of immune factors that are present in colostrum**
- ▶ **Acting as a barrier preventing bacteria attaching to the lining of the mouth**
- ▶ **Increasing gut growth and development.**

- *LEE et al. 2015. Oropharangeal colostrum administration in extremely preterm infants: an RCT. Paediatrics, vol 135, no 2, p. e 357., 1098-4275*
- *Nausf AW, Ojha S, Dorling J. 2015. Oropharyngeal colostrum in preventing mortality and morbidity in preterm infants. Cochrane database of Systematic Reviews. Issue 10*
- *Rodriguez NA. Caplan MS. 2015. Oropharyngeal administration of Mother's milk to prevent NEC in ELBW infants. The journal of perinatal and neonatal nursing 81-90.*



WMN ODN Allied Health Professionals 2020

Katyparnell@nhs.net (SLT) sara.clarke1@nhs.net (Dietitian) Emmafoulerton@nhs.net (PT)



Buccal Colostrum

NHS
West Midlands
Neonatal Operational Delivery Network

Colostrum is the milk produced by mothers in the first few hours & days after birth. It is extremely rich in growth & protective factors. These help to develop babies immature systems and protect them from infection and complications of premature birth.

Early expressing & administration of colostrum is encouraged immediately after birth



No other medicine can offer this protection & stimulate development in this way. Giving drops of colostrum directly into the mouth (buccal) helps baby in 3 main ways

- ▶ **Boosting the immune system by stimulating immune tissue & by direct absorption of immune factors that are present in colostrum**
- ▶ **Acting as a barrier preventing bacteria attaching to the lining of the mouth**
- ▶ **Increasing gut growth and development.**

- *LEE et al. 2015. Oropharangeal colostrum administration in extremely preterm infants: an RCT. Paediatrics, vol 135, no 2, p. e 357., 1098-4275*
- *Nausf AW, Ojha S, Dorling J. 2015. Oropharyngeal colostrum in preventing mortality and morbidity in preterm infants. Cochrane database of Systematic Reviews. Issue 10*
- *Rodriguez NA. Caplan MS. 2015. Oropharyngeal administration of Mother's milk to prevent NEC in ELBW infants. The journal of perinatal and neonatal nursing 81-90.*



WMN ODN Allied Health Professionals 2020

Katyparnell@nhs.net (SLT) sara.clarke1@nhs.net (Dietitian) Emmafoulerton@nhs.net (PT)



Buccal Colostrum Expressing Tips:

NHS
West Midlands
Neonatal Operational Delivery Network

Express your breast milk as soon as possible, ideally within 2 hours after your baby is born.

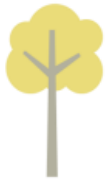
- **Your** breast milk protects **your** baby from infection and helps their brain to grow.
- **DON'T DELAY!**- Expressing breast milk as soon as possible after birth improves later milk volumes
- Every drop of your milk is precious and is given to your baby.



More tips...

- Massaging each breast for a minute or so before expressing helps to stimulate your breasts to produce milk.
- Don't worry if you don't always get milk when hand expressing at first, stimulating your breasts regularly, really helps build milk supply
- Express your milk **8 times or more** EVERY 24hours, including **once at night**.
- Start hand expressing at first and ask your nurse or midwife for advice when to start using an electric breast pump.
- When using the pump, express from both breasts at once for about 15mins, 'double pumping' improves milk supply in the longer term.

Remember your midwife and nurse are there to support you and answer all your questions



Use a QR scanner on your mobile device.
Scan the code to be taken to a video to see how to express colostrum and the benefits of giving it to your baby

www.swmmnn.org.uk/media/



Buccal Colostrum Expressing Tips:

NHS
West Midlands
Neonatal Operational Delivery Network

Express your breast milk as soon as possible, ideally within 2 hours after your baby is born.

- **Your** breast milk protects **your** baby from infection and helps their brain to grow.
- **DON'T DELAY!**- Expressing breast milk as soon as possible after birth improves later milk volumes
- Every drop of your milk is precious and is given to your baby.



More tips...

- Massaging each breast for a minute or so before expressing helps to stimulate your breasts to produce milk.
- Don't worry if you don't always get milk when hand expressing at first, stimulating your breasts regularly, really helps build milk supply
- Express your milk **8 times or more** EVERY 24hours, including **once at night**.
- Start hand expressing at first and ask your nurse or midwife for advice when to start using an electric breast pump.
- When using the pump, express from both breasts at once for about 15mins, 'double pumping' improves milk supply in the longer term.

Remember your midwife and nurse are there to support you and answer all your questions



Use a QR scanner on your mobile device.
Scan the code to be taken to a video to see how to express colostrum and the benefits of giving it to your baby

www.swmmnn.org.uk/media/

