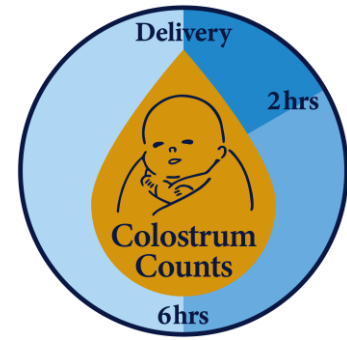


# Expressing on the Neonatal Unit at St George's Hospital



This leaflet includes information on the importance of breastmilk and expressing, including a step-by-step guide, tips for success, the use of donor milk and information of breastmilk storage.

If you have any further questions, please speak to the Infant Feeding Team or the nurse caring for you and your baby.

## Importance of Breastmilk for your Baby

Breastmilk is the **best** nutrition for your baby.

Breastmilk is species specific and is tailor-made for your baby, providing everything they need.

It contains water, fat, minerals, vitamins, proteins and carbohydrates which change and adapt to the needs of the baby.

Your milk also contains lots of special living components that are not replicated in cow's milk formula, such as hormones, enzymes, antibodies, anti-inflammatories, growth factors, essential fatty acids and many more.

Your breast milk will enable your baby to grow and develop whilst also providing protection and reducing the risk of many infections and diseases.

## Stage 1 Hand Expressing

Start expressing within **two hours** after birth.

Aim to express **8-10** times in **24 hours**, including night-time.

Expect to express small amounts at first, this is normal. The volumes differ throughout the day and will increase the more you express.

## How to Hand Express

1. Wash and dry your hands and make yourself comfortable.
2. Have a syringe or colostrum pot to collect any colostrum you get.
3. Massage the breast and use nipple rolling to stimulate the let-down of your milk.
4. Form a C shape with your thumb and fingers, measure from the base of the nipple 2-3cm back. You may need to adjust your fingers back or forwards slightly until you find the right spot.
5. Press gently back towards your chest, compress and then relax. Repeat this building up a nice steady rhythm.



Avoid dragging the skin as this can cause trauma to the skin.

Collect any drops in a syringe or colostrum pot to give to your baby.

When the flow slows down, massage and move your fingers round to a different section of the breast and repeat until you have worked all the sections of the breast.

Once you have finished one breast move onto the next one, spending about 15 minutes on each breast.

## What can help?

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- Skin to skin with your baby
- Express near baby
- Looking at pictures of your baby and smelling bonding squares
- Eat and Drink well.

**Scan here to see our guide on how to Hand Express.**



**Hand Expressing**

## Stage 2

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### Hand Expressing and introducing the pump

Hand and pump expressing mimics a baby breast feeding.

Babies feed by compression and suction. Hand expressing compresses the breast, pumping provides suction like a baby latched on the breast.

Continue to hand express 8-10 times a day (See Stage 1 for guidance)

### Pumping using the Initiate programme.

Gently massage breasts before expressing to stimulate a hormonal 'let down'.

Position the pump flange over your breast, ensuring the nipple is in the middle.

When ready press the "ON" button and then the droplets button straight away. This will then activate initiate programme.

The programme will last for 15 minutes.

Double pump to reduce time and for better hormone stimulation.



Hand express for a few minutes after pumping and catch any drops of milk in a bottle.

Once you start expressing 20mls of milk from each breast you can then start using the maintain programme.

### What can help?

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- Double Pumping
- Skin to skin with your baby
- Express near baby
- Looking at picture of baby and smelling bonding squares
- Eat and drink well.

**Scan here to see a video on how to use initiate mode and how to clean and sterilise your equipment**



**Initiate Mode**



**Cleaning and Sterilising equipment**

## **Stage 3**

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### **Maintain Mode**

Once you start expressing 20ml of milk from both breasts you can then start using the maintain programme.

Massage both breasts using small circles. Stroke both breasts from outside in towards the nipples then do nipple rolling.



### **Single Pumping**

Single pumping with breast compressions can help with milk flow. Press gently with the flat of your hands or flat fingers near chest wall, away from the nipple. Release the pressure and move hands round the breast.

### **Double Pumping**

Position a pump flange over each breast, ensuring the nipples are in the middle. Press the 'ON' button and the pump will start the maintain programme.

Continue to express 8-10 times a day.

### **Power Pumping**

This can help increase milk production by mimicking a baby cluster feeding.

1. Pump for 20 minutes on both breasts.
2. Break for 10 minutes (grab and drink)
3. Pump for 10 minutes.
4. Break for 10 minutes.
5. Pump for 10 minutes.

**Do this once or twice a day.**

## What can help?

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- Skin to skin with baby
- Express within 30 minutes after skin to skin
- Express at baby's cot side
- Looking at photos of baby and smelling bonding squares
- Ensure you are relaxed
- Eat and drink well

## Scan here to see a video on how to use maintain mode and how to clean and sterilise your equipment



Maintain Mode



Cleaning and sterilising equipment

## Tips for successful expressing

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<p><b>Early</b></p>	<p>Express within two hours of delivery. Hand express in conjunction with using the initiation mode on the breast pump.</p>	<p>Early milk is called colostrum and is concentrated breast milk packed full of nutrients and protective factors.</p>	<p>Collect colostrum via hand expressing using the expressing pots or syringes. Initiation mode on the breast pump is for extra stimulation.</p>	<p>You will make small amounts of colostrum at the beginning. However with more stimulation your production will increase.</p>
<p><b>Frequent</b></p>	<p>Express at least 8-10 times in 24 hours, including at night.</p>	<p>‘Supply and demand’ The more you express the more milk is produced.</p>	<p>Express at least once during the night, preferably between 2-4am, when your milk making hormone prolactin is at its highest.</p>	<p>Remember you don’t need to express at regular intervals, such as three hourly. Express whenever is convenient for you (remembering 8-10 times a day). Go no longer than 5 hours between expressing, especially during the first few weeks.</p>
<p><b>Effective</b></p>	<p>Massaging your breasts before and during each expression will encourage milk flow.</p>	<p>Apply a warm compress to your breast before expressing to increase milk flow, particularly if feeling engorged</p>	<p>If possible always double pump, as it saves time and increases hormonal response to increase milk production.</p>	<p>Always ensure your breasts are drained after expressing. Engorged breasts reduce your milk making hormone.</p>

## Donor Human Milk

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### What is Donor Human Milk?

Donor milk is breast milk expressed and donated by a mother, which is then processed by a donor milk bank team. It is the next best milk to your own for your baby.

### Donor Human Milk Bank

St George's Hospital neonatal unit is in the fortunate position of having a human milk bank. This means that we have donor human milk available for extremely preterm or other babies for whom formula milk may be considered harmful. Donor milk can support babies as an alternative to formula milk if medically indicated. The donor milk bank at St George's is run in accordance with guidance from UKAMB (UK association of milk banks) and NICE (National Institute for Health and Care Excellence).

### Which milk is the best for my baby?

Research has shown that your own breast milk is the best milk for your baby as it is highly beneficial to your baby's health in both the short and long term. As the very first food, colostrum kick starts your baby's immunity. Breast milk protects your baby from infections and is easier to digest than artificial formula milk. This is especially important if your baby is premature and / or sick. Formula milks do not contain these protective factors. Also providing more bottles will create less stimulation on the breast which may have a detrimental effect on getting breastfeeding established.

### Why Donor Milk?

Breast milk is more easily digested than formula milk and it helps protect your baby from infection. There is evidence that breast milk reduces the risk of Necrotizing Enterocolitis (NEC) which is a condition that can affect the bowel of preterm infants and can make babies very unwell.

Is It safe? Donor mothers need to meet strict health and lifestyle criteria and are required to have blood screening tests. Donor mothers have been shown how to express, collect and store their milk cleanly. In addition, donated milk is tested for bacteria and pasteurised (heat treated) for added protection.

### What are Donor Mothers screened for?

- Lifestyle – medications, smoking, alcohol.
- Medical history – previous blood transfusion, chronic or acute medical conditions requiring medication, family history of TB (Tuberculosis), family history of CJD (mad cow disease).

- Blood born infections – HIV 1+2 (viruses causing AIDS), HTLV 1+2 (human T-lymphotropic virus), Hepatitis B and C, Syphilis. Mothers are excluded from donating if they do not meet the criteria set by the NICE guidelines.

## Contact us

If you have any questions or concerns, please contact Rebecca Miles, Infant Feeding Lead on 020 87254740 (Monday to Friday, 7:30am to 16:30pm). Out of hours, please contact nurse caring for your baby.



## Breastmilk storage at home

Milk	Place	Maximum Time
Fresh Breastmilk including Colostrum	Normal Room Temperature	Six hours
	Fridges: 5 – 10 degrees Celsius	Three days
	Fridges: 4 degrees Celsius	Five days * (If temperature rises above 4 Degrees Celsius after three days, use within six hours or throw away)



Frozen Breastmilk	Freezer: -18Degrees Celsius or Lower	Six months
Defrosting Breastmilk	When defrosting milk outside fridge	Use within 24 hours

Previously frozen milk must be used within 24 hours of being fully defrosted. Fresh milk can be kept for 24 hours in a insulated box with frozen ice packs, providing fridge temperatures are maintained. If no ice- packs are used milk should be used within four hours or when entering the neonatal unit, put into the fridge immediately.

## Our Team



Rebecca Miles  
Infant Feeding Lead



Hayley Burgess  
Infant Feeding Support



Bobbie Everson  
Family care  
coordinator



Enny Sonuga  
Family care  
coordinator



Tracy Moore  
Parentcraft / Milk  
Bank



Danielle Perez  
Parentcraft / Milk  
Bank

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

### AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)).

The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



**Reference:** NNU\_EXP\_01 **Published:** August 2024 **Review date:** August 2026

**Unicef – You and Your baby**



**First Steps Nutrition**

