

Appendix 3 – What the hospital will provide

The hospital will provide the mother with:

1. Sterile oral (purple) syringes to collect colostrum 1-2 mls, syringe caps and a sterile plastic collection cup
2. Mother's identification labels for syringes (mother to write date and time on each label and place on the syringe)
3. "common questions asked by mothers" information
4. Booklet – Bump Baby & Beyond which illustrates hand expressing

Instruct the mother to bring the frozen colostrum with her when she is admitted and to give it to the staff as soon as possible. Advisable to store it in ice packs in a cool box between home and hospital to make sure it remains frozen. Store dated and labelled colostrum in the Dinefwr Ward Freezer – labelled "frozen colostrum/breastmilk". Use frozen colostrum in the date sequence it has been expressed.

ON ADMISSION

- All expressed colostrum must be stored in the freezer in the locked store room ensuring it is correctly labelled.
- Any unused colostrum will be returned to the mother on discharge or discarded appropriately.