



## How to Collect Colostrum

### *The first week*

Mother's milk matters, even the tiniest amount! It may not seem like there's enough to collect, but every drop of colostrum can help your baby. This early milk gives good nutrition, makes healthy stomach bacteria, and helps protect your baby against infection.

### What do I need to do?

- Every time you pump milk during the first week, you must label the milk (see "How do I use the labels?" below). This helps your baby's nurse feed your milk in the order it was pumped.
- Work with your Labor & Delivery and Mother Baby Unit nurses to pump every 3 hours (8 times a day).
- If there is just a little milk, you may use small syringes or swabs to collect it. When you start getting 10 mL each session, you can collect it in colostrum bottles.



*Every drop of colostrum can help your baby.*

### How do I use the labels?

Use the numbered yellow dots to help us track your pumped milk for your first 60 pumpings:

- For your 1st pumping, label the milk with the number "1" yellow dot and your baby's ID label with the date and time.
- Keep using the numbered yellow dots in order, placing the number "2" on the milk for your 2nd pumping, and so on. Use the yellow dots until you have used all 60, OR until your baby is 7 days old, whichever comes first. (If you are pumping 8 times a day, you will use 56 dots by the end of day 7.)
- When using colostrum bottles, do **not** combine the milk from different pumpings. Label the colostrum bottle for each pumping with its own numbered yellow dot.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Lactation Services:  
206.598.4628

Neonatal Intensive Care  
Unit (NICU): 206.598.4606