

Marmet Technique for Breast Expression (18)

POSITION the thumb and first two fingers about 2—3 cm behind the nipple.



PUSH straight into the chest wall. Avoid spreading the fingers apart. For large breasts, first lift and then push into the chest wall.



ROLL thumb and fingers forward as if making thumb and fingerprints at the same time.



FINISH ROLL The rolling motion of the thumb and fingers compresses and empties the milk reservoirs without hurting sensitive breast tissue.

<https://www.youtube.com/watch?v=y1iZjBYoUj0>

* The use of a breast pump is not recommended ante-natally

Ask your LMC/midwife or diabetes midwife educator to help you learn to express your colostrum.

Consider attending breastfeeding education sessions. Ask your LMC/ midwife about providers in your area.

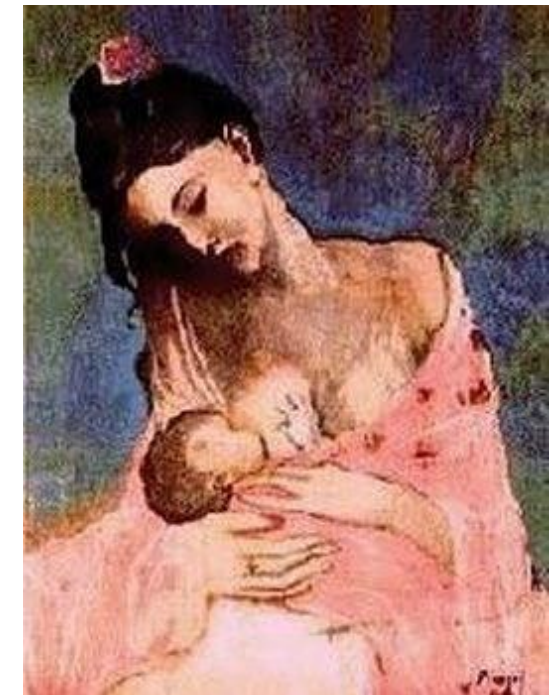
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Antenatal Colostrum Harvesting

Preparation for Breastfeeding in Special Circumstances



Picasso

Background Philosophy for Antenatal Colostrum Harvesting -ACH

Maternity health professionals have the responsibility to protect, promote and support women and babies to breastfeed (3). It is a human right to breastfeed and be breastfed (1). They also have the responsibility not to interfere with or undermine the reality that most healthy women and babies can and do successfully breastfeed (2,3)

Antenatal Colostrum Harvesting (ACH) was initially presented as a helpful intervention for women with any form of Diabetes in pregnancy (2) The premise for this intervention was the knowledge that women with diabetes for a multitude of reasons faced lactation difficulties that the general population without diabetes would be unlikely to encounter (3,5). ACH is now considered to be a useful intervention for other groups of women and babies who will likely experience challenges with lactation and breast-feeding (6,7,8)

At no time was ACH intended to be rolled out as a necessity for all women intending to breastfeed. (5)

ACH is an intervention that is designed to support the initiation and sustainability of lactation for those women who are expecting some challenges with their lactation.

It is not appropriate for breastfeeding educators to teach the skill of Antenatal Colostrum Harvesting to entire classes of potential breastfeeding women. It is however appropriate to teach women how to handle and manually ex-press their breasts (2,4)

Prior to suggesting that ACH may be a useful intervention to support, promote and protect a woman's lactation she must have completed a full breast and general health assessment. Ideally this would be completed by the woman's midwife or a lactation consultant.

Situations and conditions where ACH may be considered appropriate

- ✓ Gestational Type1 & 2 Diabetes
- ✓ Immature breast development
- ✓ Breast anomalies identified in the breast-feeding assessment
- ✓ Unilateral mastectomy
- ✓ Maternal history of chemotherapy/radiotherapy
- ✓ History of delayed or insufficient lactation
- ✓ High BMI
- ✓ Hypertension - beta blocker treatment
- ✓ PCOS
- ✓ Pituitary tumours
- ✓ Planned surgery for baby or mother soon after birth, i.e. cleft lip/palate, heart surgery
- ✓ Baby expected to be born with a syndrome or other anomaly
- ✓ Elective Caesarean Section
- ✓ Multiple pregnancy
- ✓ Some instances of Pre-eclampsia
- ✓ Maternal age >40yrs with no previous breastfeeding



*Researched & authored by Catherine Rietveld, NZRN, NZRM, M. Mid. rietveld560@gmail.com
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