

If you have pre existing or gestational diabetes, you should learn about prenatal colostrum collecting!



[moremilksooner.com](http://moremilksooner.com)

Prenatal colostrum collection is when mothers collect and store small amounts of colostrum from their breasts at the end of their pregnancies. Learn more by watching this video and talk to your doctor before starting!

Supplies are often available from your health care provider. If not, instructions and supplies are available on our website (QR code at bottom of the page).



Mothers who have pre existing or gestational diabetes are at an increased risk for their milk "coming in" a bit later than average.

Prenatal hand expression of the breasts and feeding baby early and often can help you have more milk sooner.

Babies whose mothers have pre existing or gestational diabetes can struggle with low blood sugar after birth. Your own colostrum is an important tool to help raise their blood sugars.

By collecting your colostrum in pregnancy, you will have extra colostrum should you need it!



Breastfeeding helps reduce the risk for baby and gestational diabetic mothers for developing diabetes later.

Breastfeeding is easier if mothers have lots of milk. Take one of the free online breastfeeding classes we offer to be prepared and confident to feed your baby!