

# Prenatal Hand Expression

Pregnant women begin producing milk, called colostrum, early in the second trimester. Hand expressing

WKL V PLON FDQ KDYH EHQH; WV IRU FHUWDLQ ZRPHQ +DQG H[SUHV

FRPSUHV \RXU EUHDVW VR WKDW PLON FRPHV RXW +DQG H[SUHV

prenatal or antenatal hand expression.

## Who should consider prenatal hand expression?

<RX PD\ ZDQW WR FRQVLGHU KDQG H[SUHVLRQ LI

► <RX KDYH KDG WURXEOH EUHD►VWIHHGLQJ LQ WKH SDVW