

Patient information for you who are pregnant and have diabetes

Breast milk stimulation during pregnancy

All pregnant people with diabetes are recommended to stimulate lactation from week 36+0. Breastfeeding has positive effects for both mother and child. Colostrum (the first breast milk) has a positive impact on the baby's immune system and intestinal flora compared to infant formula. Breastfeeding reduces the risk of type 2 diabetes in both mother and child and reduces the risk of type 1 diabetes in the child.

It is advantageous to supplement feedings with colostrum. If colostrum comes out when you are stimulating lactation, you can freeze it, bring it to the delivery room and use it instead of infant formula.

If you have diabetes that requires treatment with insulin and/or Metformin, breastfeeding and supplemental feedings are recommended for the first 12-48 hours after birth as there is an increased risk of low blood sugar in the baby. If you have diet-treated gestational diabetes, breastfeeding is usually sufficient but sometimes the baby may also need supplemental feedings.

What to do

1. Wash your hands with soap and water
2. Massage your breasts gently; it can help you relax. Lightly stroke across the chest from the ribcage out towards the nipple.
3. Shape your fingers into a "C" just outside the outer edge of the areola. Bring the "C" grip back towards the ribcage, then press your fingers together and bring them towards the nipple. Move your fingers around the areola to stimulate the whole breast, please see one of the links below.
4. Don't be rough, it should not be painful.
5. Stimulate lactation 2 times a day, 6–10 min per breast.

Whether you express or how much you express says nothing about your future milk production and breastfeeding; it is always beneficial to stimulate lactation.

Handling and storage of colostrum

- The colostrum is collected in a clean container with a lid (such as a medicine cup or syringe) and frozen.
- Label with your personal identity number and date.
- Use a new container for each instance of manual expression.
- When it's time to go to the delivery room, put the frozen colostrum in a cooler bag with ice packs where it can be stored for 24 hours.
- Inform your midwife in the delivery ward that you are bringing colostrum.
- Ask where in the ward the colostrum can be stored until the baby is born.

Supplemental feeding using colostrum

- Once the baby is born, it is recommended that the baby lies skin-to-skin with you for the first two hours. Make sure the child's airways are free.
- During these two hours, let the baby seek the breast and nurse before any supplemental feeding.
- Primarily feed fresh colostrum and secondarily thawed colostrum.
- The colostrum is fed to the baby using a teaspoon or medicine cup.

More information about breast milk stimulation

1177.se

<https://www.1177.se/barn--gravid/att-skota-ett-nyfott-barn/amning-och-flaskmatning/handmjolka-och-pumpa-ur-brostmjolk/>

Babybaby.se

<http://www.babybaby.se/2018/03/handmjolka-ramjolk/>

La Leche League (UK)

www.laleche.org.uk/antenatal-expression-of-colostrum/

In case of questions

Please contact your midwife at the Midwifery Clinic or Specialist Maternity Care in Region Stockholm

Issued by Amningsvårdkedjan i Region Stockholm, August 2022