



Buccal Colostrum

Colostrum is the milk produced by mothers in the first few hours & days after birth. It is extremely rich in growth & protective factors. These help to develop babies immature systems and protect them from infection and complications of premature birth.

No other medicine can offer this protection & stimulate development in this way. Giving drops of colostrum directly into the mouth (buccal) helps baby in 3 main ways:

Early expressing & administration of colostrum is encouraged immediately after birth



- ▶ **Boosting the immune system by stimulating immune tissue & by direct absorption of immune factors that are present in colostrum**
- ▶ **Acting as a barrier preventing bacteria attaching to the lining of the mouth**
- ▶ **Increasing gut growth and development**

- References:
- *LEE et al. 2015. Oropharangeal colostrum administration in extremely preterm infants: an RCT. Paediatrics, vol 135, no 2, p. e 357., 1098-4275*
 - *Nausf AW, Ojha S, Dorling J. 2015. Oropharyngeal colostrum in preventing mortality and morbidity in preterm infants. Cochrane database of Systematic Reviews. Issue 10*
 - *Rodriguez NA. Caplan MS. 2015. Oropharyngeal administration of Mother's milk to prevent NEC in ELBW infants. The journal of perinatal and neonatal nursing 81-90.*





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How:

1. Put 0.3 ml of mother's colostrum in a 1ml enteral syringe.
2. Perform mouth care as routine.
3. Gently insert the tip of the syringe into the infant's mouth along the right side.
4. Give a maximum of 0.15 ml of colostrum slowly.
5. Repeat on left side **or** measure 0.15ml onto a gloved finger and gently rub the gum with the colostrum from the gloved finger. Repeat on left side (Do **NOT** use a swab)
6. Repeat the procedure every 3 hours for a maximum of 48 hours.
7. Record on the feeding chart.



Parents are encouraged to give buccal colostrum to their baby. Nursing staff can teach and help with this.

Use a QR scanner on your mobile device. Scan the code to be taken to a video to see the benefits and practicalities of expressing colostrum.

www.swmnodn.org.uk/media/

