How do I express by hand?

**Step 1**
Start off by encouraging your milk to flow – being near your baby will help. To express by hand, start by gently massaging your breast and nipple to stimulate the hormones needed to release milk.

**Step 2**
Position your thumb and fingers in a ‘C’ shape, 2 to 3 cm back from the base of your nipple.

**Step 3**
Gently press and release, press and release, and keep repeating until your milk starts to flow. This may take a few minutes.

**Step 4**
When the flow slows down, move your fingers round to a different part of your breast and start again.
If your baby only feeds from one breast, you could express from the other.

**Donating breast milk**
Breast milk is particularly important for premature and ill babies but sometimes mums are not able to provide breast milk. Donated breast milk is often given to such babies until the mum can produce milk of her own. If you think you would be a suitable donor, staff at the Scottish Donor Milk Bank Service will be happy to talk about the screening process and to answer any questions you may have. For more information, email Donor.MilkBank@ggc.scot.nhs.uk