

How can I get started?

- Ask your nurse for supplies – if we haven't already given them to you.
- Start by hand expressing. Ask your nurse for help if you need it.

You can also:

- View this [video on Hand Expression](#)

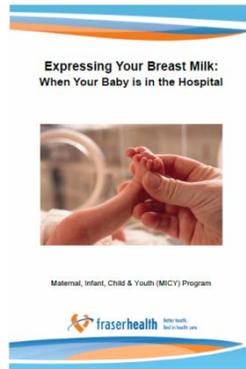


Scan QR Code to Hand Expression Video

- Read the Hand Expression section in this pamphlet *Expressing Your Breast Milk: When Your Baby is in the Hospital*



Scan QR Code to Expressing while in the Hospital



What else do I need to know to get started?

- Have the small OIT syringe ready to collect the expressed drops.
- Express every 2 to 3 hours.
- Take your milk to the Neonatal Intensive Care Unit (NICU) as soon after you express as possible.
- As you start to produce more milk, your nurse can give you larger containers instead of syringes.
- After 24 to 48 hours start using an electric pump with hand expression.

A QR code (short for 'quick response' code) is a type of barcode that you scan with your smart device's camera. Once scanned, it takes you to that web page.

www.fraserhealth.ca

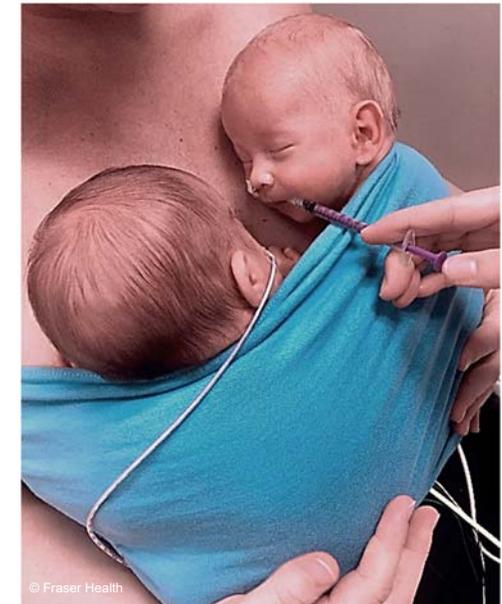
This information does not replace the advice given to you by your healthcare provider.

Catalogue #266199 (November 2019)
To order: patienteduc.fraserhealth.ca

Oral Immune Therapy

Every Drop Counts

Neonatal Intensive Care Unit



© Fraser Health

 **fraserhealth**

What is Oral Immune Therapy?

Oral immune therapy is what we call it when we give your baby small amounts of your breast milk into their mouth. You might hear us also refer to this as O.I.T. (say *oh-eye-tee*).

We think O.I.T. has some benefits and gives immunity to your premature or sick baby before they are able to feed by mouth.

How is O.I.T. given to my baby?

Drops of your own fresh colostrum – and later breast milk – are placed between your baby's cheek and gum. We use a small syringe to do this.

Drops can also be given when baby is nuzzling at the breast or on a soother.

It is given every 2 to 4 hours (based on how much colostrum or breast milk you have), until your baby is able to feed by mouth.

What is colostrum?

Colostrum is the milk you make in the first few days after birth. It is usually a thick, sticky, yellowish liquid. It is rich in important nutrients, such as Vitamin A, protein, and minerals. It is also full of antibodies, helping protect your baby from bacteria and viruses.

How does O.I.T. benefit my baby?

Studies tell us that giving small amounts of colostrum and breast milk can:

- ✓ strengthen your baby's immune system
- ✓ lessen the chances of infection and inflammation
- ✓ support better weight gain
- ✓ help you make more breast milk



© Fraser Health

Your breast milk gives your premature or sick baby immune protection.

When can I get started?

Start by hand expressing within the first hour after birth – or as soon as possible. Collecting a few drops is a great start. By hand expressing as soon as possible, it helps you make more milk.

We will give your baby the first O.I.T. amount as soon as it is available.

What I need to get started?

We give you these supplies in an 'Expression Kit' along with more information about expressing your milk while your baby is in the hospital:

- medicine cups (to collect your milk as you express it)
- O.I.T. syringes (to keep the milk in; to give the drops to your baby)
- hospital identification labels with your baby's name



We might also give you yellow dot stickers. We sometimes use these to tell us which milk is colostrum.