



**The Royal Wolverhampton  
NHS Trust**

## Pre-Term Preparation **Expressing pack**

Perinatal Services – Neonates

You have been given this expressing pack because if your baby is born early, expressing your milk in the first two hours is very important. Network neonatal consultant Dr Ahmed will explain why.

**Please scan the QR code  
to watch the short film.  
Then put this pack in your  
hospital bag just in case you  
need it.**



Safe & Effective | Kind & Caring | Exceeding Expectation

Adapted from Sandwell and West Birmingham NHS

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