



dame

studying  
diabetes &  
antenatal  
milk  
expressing

### What is the DAME trial?

DAME stands for Diabetes and Antenatal Milk Expressing and it is a randomised controlled trial being conducted by researchers at the Judith Lumley Centre (formerly Mother and Child Health Research) La Trobe University, in collaboration with researchers and colleagues from the Royal Women's Hospital, the Mercy Hospital for Women, Monash Medical Centre and Geelong Hospital, Barwon Health.

Women with diabetes in pregnancy – either pre-existing or pregnancy induced – may be eligible to participate. We approach women between about 34 and 36 weeks to offer participation, and women who agree are randomly allocated to either expressing breast milk during pregnancy or to receive usual care during pregnancy. In total about 700 women will be recruited to the trial.

### Why are we doing the study?

There is increasing interest in women expressing during pregnancy, so some hospitals and maternity care providers as well as some parenting websites in Australia and other countries advise women with diabetes in pregnancy to express breast milk/colostrum late in pregnancy so that they can give the milk to their baby after birth if needed. There may be some benefits for a baby to have only their own mother's milk, but as yet there is limited evaluation of this practice, so it is not known if the practice is of benefit or if it causes harm.

The DAME trial will be the first randomised trial of antenatal expressing for women with diabetes.

### What is involved?

Women who go in the DAME study and are allocated to the group doing expressing are asked to hand express from 36 weeks. Their breast milk is labelled and frozen at home, ready to bring to the hospital when they have their baby then stored in a freezer in the postnatal ward. It's given to the baby in addition to normal breastfeeding only if clinically indicated.

The researchers also conduct a telephone questionnaire with the women when their babies are about 1 and 12 weeks old.

### What's new?

Recruiting is progressing at our four sites (the Women's, Mercy Hospital for Women, Monash Health and Barwon Health) and we are in discussion with other possible sites to join the trial.

### How is it going?

We have now passed the recruitment halfway mark: 365 women have participated in the DAME trial since it began in June 2011, and 284 babies have been born.



Anita, the DAME trial coordinator and Fiona, one of the research midwives.

### Contact:

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Look for the DAME  
sticker on the  
history Alert Sheet:



This woman and her baby  
are in the dame trial.

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antenatal milk  
expression

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