

E-Table 1: Description of the milking procedure

Study	Frequency of milking	Speed of milking	Position of infant	Length of umbilical cord squeezed	Time to clamp the cord in control group
UCM Vs DCC					
Rabe 2011 ¹	4 times	10cm/sec	Infant placed 20cm below level of placenta	Whole length	30 seconds
Katheria 2015 ²	4 times	Whole length /2 sec	Infant placed 20cm below level of placenta	Whole length	45 seconds
Shirk 2019 ³	4 times	10cm/sec	Infant held at the level of maternal abdomen in caesarean delivery or held at the level of perineum in vaginal delivery	20cm	60 seconds
Finn 2019 ⁴	3 times	10cm/sec	Infant placed at or below the level of placenta	20cm	60 seconds*
Katheria 2019 ⁵	4 times	10cm/sec	Infant held below the level of incision in caesarean delivery or held below the level of introitus in vaginal delivery	20cm	60 seconds
UCM Vs ICC					
Hosono 2008 ⁶	2-3 times	20cm/2 sec	Infant placed at the level or below the placenta	20cm	Immediately at birth
March 2013 ⁷	3 times	Not reported	Infants placed at level of placenta in caesarean deliveries and at or below the level of placenta in vaginal deliveries.	20 cm	Immediately at birth
Alan 2014 ⁸	3 times	5 cm/sec	Infants placed at level of placenta in caesarean deliveries and below the level of placenta in vaginal deliveries.	25-30 cm	<10 seconds
Josephsen 2014 ⁹	3 times	Not specified	Not specified	18cm	-
Katheria 2014 ¹⁰	3 times	20cm/ 2 sec	Infant held below the mother's introitus at vaginal delivery and below the level of the incision at caesarean delivery.	20 cm	Immediately at birth
Kumar 2015 ¹¹	3 times	10cm/s	Infant placed under warmer, cord held upright and milked.	25 cm	<30 seconds
Kilicdag 2016 ¹²	4 times	20cm/2 sec	Infant placed at level of placenta	20cm	Immediately at birth
Song 2017 ¹³	4 times	20 cm/sec	Infant was lowered to 20cm below the level of placenta	Not specified	Immediately at birth
Alavi 2018 ¹⁴	3 times	10 cm/sec	Infant placed beside thigh (in CS) and at the level of uterus (in vaginal delivery)	25 cm	Immediately at birth

El-Naggar 2018 ¹⁵	3 times	10 cm/sec	Infant placed at the level or below the placenta.	20 cm (or if less, the available length)	<10 seconds
Lago Leal 2018 ¹⁶	4 times	Not reported	Not specified	20 cm	<20 seconds
Li 2018 ¹⁷	4 times	10 cm/sec	Infant placed at the level or below the placenta.	20 cm	Immediately at birth
RamMohan 2018 ¹⁸	3 times	10cm/sec	Not specified	25 cm	-
Silahli 2018 ¹⁹	3 times	Not specified	Infant placed at or below the level of placenta if vaginal delivery or at the same level as placenta if caesarean section	20 cm	Within 10 seconds

Total duration of the milking procedure was reported in Song 2017 (15 to 20seconds), Katheria 2015 (25 seconds), Katheria 2019 (22.8 seconds with refill), Shirk 2019 (6 seconds for each milking maneuver to allow for cord refill).

Cord refill between milking maneuvers allowed in Shirk 2019, Katheria 2019, El-Naggar 2018, Katheria 2015 (2 seconds), Song 2017 (2 seconds).

*Bed side resuscitation was done

E- Table 2: Grade of evidence

OUTCOME		ESTIMATE IN UCM GROUP	ESTIMATE IN CONTROL GROUP UP22/377 (5.8%)	RELATIVE EFFECT (95% CI)	NUMBER OF PARTICIPANTS	HETEROGENEITY	PRECISION	RISK OF BIAS	QUALITY OF EVIDENCE
All-cause mortality	UCM Vs DCC	26/438 (5.9%)	29/452 (6.4%)	0.93 (0.55,1.55)	890	0%	High	Blinding in 2/4 RCTs *	Moderate
	i-UCM Vs ICC	22/347 (6.3%)	26/351 (7.4%)	0.85 (0.49,1.46)	698	27%	High	Blinding in 2/10 RCTs	Moderate
	c-UCM Vs ICC	6/130 (4.6%)	6/130 (4.6%)	1.00(0.35,2.90)	260	34%	Low	Blinding in 0/2 RCTs	Very Low
Intraventricular hemorrhage (any grade)	UCM Vs DCC	75/438 (17.1%)	83/452 (18.3%)	0.93 (0.70,1.23)	890	35%	High	Blinding in 2/4 RCTs	Moderate
	i-UCM Vs ICC	61/347 (17.6%)	79/351 (22.5%)	0.79 (0.60,1.06)	698	0%	High	Blinding in 2/10 RCTs	Moderate
	cUCM Vs ICC	3/40 (7.5%)	7/40 (17.5%)	0.43 (0.12-1.54)	80	NA	Low	Blinding in 0/1 RCT	Very Low
Intraventricular hemorrhage (grade 3 or more)	UCM Vs DCC	24/356 (6.7%)	12/362 (3.3%)	1.95 (1.01,3.76)	718	0%	High	Blinding in 2/4 RCTs	Moderate
	i-UCM Vs ICC	16/296 (5.4%)	24/302 (7.9%)	0.69 (0.38,1.24)	598	0%	High	Blinding in 2/8 RCTs	Moderate
	c-UCM Vs ICC	0/30 (0%)	1/30 (3.3%)	0.33 (0.01-7.87)	60	NA	Low	Blinding in 0/1 RCT	Very Low
Necrotizing enterocolitis (stage not specified)	UCM Vs DCC	11/145 (4.4%)	11/149 (5.1%)	1.07 (0.50,2.30)	294	0%	Low	Blinding in 1/3 RCTs	Low
	i-UCM Vs ICC	32/288 (11.1%)	41/289 (14.2%)	0.83 (0.56,1.24)	577	0%	High	Blinding in 2/8 RCTs	Moderate

Definite Necrotizing enterocolitis	UCM Vs DCC	10/338 (2.9%)	17/348 (4.9%)	0.62 (0.29,1.31)	686	0%	High	Blinding in 2/3 RCTs	Moderate
	i-UCM Vs ICC	18/117 (15.4%)	22/123 (17.9%)	0.91(0.55,1.52)	240	0%	Low	Blinding in 1/2 RCTs	Low
	c-UCM Vs ICC	1/30 (3.3%)	2/30 (6.6%)	0.50(0.05-5.22)	60	NA	Low	Blinding in 0/1 RCT	Very Low
Patent ductus arteriosus requiring treatment	UCM Vs DCC	59/311 (19%)	71/317 (22.4%)	0.85 (0.63,1.16)	628	0%	High	Blinding in 2/2 RCTs	Moderate
	i-UCM Vs ICC	57/213 (24.3%)	45/211 (20.7%)	1.25 (0.90, 1.75)	424	0%	High	Blinding in 2/6 RCT	Moderate
	c-UCM Vs ICC	2/30 (6.6%)	5/30 (16.6%)	0.40 (0.08-1.90)	60	NA	Low	Blinding in 0/1 RCT	Very Low
Retinopathy of prematurity (all stages)	i-UCM Vs ICC	34/88 (29.6%)	43/88 (37.3%)	0.83 (0.65,1.07)	176	46%	Low	Blinding in 0/3 RCTs	Low
	c-UCM Vs ICC	1/30 (3.3%)	1/30 (3.3%)	1.00(0.07-15.26)	60	NA	Low	Blinding in 0/1 RCT	Very Low
Retinopathy of prematurity needing treatment	UCM Vs DCC	11/329 (3.3%)	22/331 (6.6%)	0.51 (0.26,1.02)	660	0%	High	Blinding in 2/3 RCTs	Moderate
	i-UCM Vs ICC	7/103 (6.8%)	13/97 (13.4%)	0.51 (0.21,1.21)	200	0%	Low	Blinding in 1/4 RCTs	Low
Bronchopulmonary dysplasia	UCM Vs DCC	75/356 (21%)	68/362 (18.8%)	1.09 (0.82,1.46)	718	0%	High	Blinding in 2/4 RCTs	Moderate
	i-UCM Vs ICC	47/209 (22.5%)	48/210 (22.8%)	0.98 (0.69,1.39)	419	62%	High	Blinding in 2/6 RCTs	Moderate
	c-UCM Vs ICC	1/30 (3.3%)	1/30 (3.3%)	1.00 (0.07-15.26)	60	NA	Low	Blinding in 0/1 RCT	Very Low

Periventricular leukomalacia	i-UCM Vs ICC	2/123 (1.6%)	8/125 (6.4%)	0.30 (0.07,1.19)	248	0%	Low	Blinding in 1/3 RCTs	Low
	c-UCM Vs ICC	1/30 (3.3%)	0/30 (0%)	3.00 (0.13-70.83)	60	NA	Low	Blinding in 0/1 RCT	Very Low
Duration of hospital stay (days)	UCM Vs DCC	43.62	41.77	1.84 (-2.86,6.53)	736	54%	Low	Blinding in 1/3 RCTs	Low
	i-UCM Vs ICC	22.77	22.80	-0.03 (-3.63,3.57)	396	0%	High	Blinding in 2/5 RCTs	Low
Need for blood transfusion	UCM Vs DCC	156/456 (34.2%)	175/466 (37.5%)	0.91 (0.77,1.07)	922	18%	High	Blinding in 2/5 RCTs	Moderate
	i-UCM Vs ICC	41/117 (35%)	75/123 (60.9%)	0.56 (0.43,0.73)	240	73%	Low	Blinding in 0/4 RCTs	Low
	c-UCM Vs ICC	4/40 (10%)	32/40 (80%)	0.13 (0.05-0.32)	80	NA	Low	Blinding in 0/1 RCT	Very Low
Need for blood transfusion in 28 days	i-UCM Vs ICC	34/105 (32.4%)	43/108 (39.8%)	0.85 (0.69,1.04)	213	0%	Low	Blinding in 1/2 RCTs	Low
	c-UCM Vs ICC	3/30 (10%)	6/30 (20%)	0.50 (0.14-1.82)	60	NA	Low	Blinding in 0/1 RCT	Very Low
Number of blood transfusion	UCM Vs DCC	2.73	2.41	0.32 (-0.23,0.87)	564	0%	High	Blinding in 1/3 RCTs	Moderate
	i-UCM Vs ICC	1.04	1.05	-0.01 (-0.15, 0.13)	182	28%	Low	Blinding in 1/4 RCTs	Low
Need for phototherapy	UCM Vs DCC	315/354 (89%)	321/356 (90.2%)	0.99 (0.94,1.04)	710	0%	High	Blinding in 1/3 RCTs	Moderate
	i-UCM Vs ICC	144/190 (75.8%)	129/198 (65.1%)	1.17 (1.04,1.31)	388	85%	Low	Blinding in 2/4 RCTs	Low
	c-UCM Vs ICC	72/140	18/140	4.00 (2.57-6.24)	280	0%	Low	Blinding in 0/2 RCTs	Very Low

		(51%)	(13%)						
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*Blinding

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E-Table 3: Sensitivity analysis

Item	UCM vs DCC RR(95% CI) FEM	UCM vs ICC RR(95% CI) FEM
Studies with low ROB on allocation concealment All-cause mortality Severe IVH	0.93(0.55,1.55) – 4 studies 1.95 (1.01,3.76) – 4 studies	1.39 (0.70,2.77) – 7 studies 0.80 (0.43-1.51) -- 6 studies
Mean gestational age <32 weeks All-cause mortality Severe IVH	0.87 (0.49-1.52) - 4 studies 1.95(1.01-3.76) - 4studies	0.90 (0.50-1.60) - 8 studies 0.73 (0.40-1.35) - 6 studies

E-Table 4: Neonatal outcomes (cut UCM Vs ICC)

RCTs: Comparison of umbilical cord milking vs immediate cord clamping in preterm infants

Outcome	No: of studies	No: of participants	RR or MD (95% CI)	P value	I ² value,%
All cause mortality	2	260	1.00(0.35,2.90)	1.00	34%
Intraventricular hemorrhage(all grades)	1	80	0.43 (0.12,1.54)	0.19	NA
Intraventricular hemorrhage (grade III or more)	1	60	0.33 (0.01,7.87)	0.50	NA
Necrotizing enterocolitis (stage 2 or more)	1	60	0.50 (0.05,5.22)	0.56	0%
Patent ductus arteriosus needing treatment	1	60	0.40(0.08-1.90)	0.25	NA
Retinopathy of prematurity (all stages)	1	60	1.00 (0.07,15.26)	1.00	NA
Bronchopulmonary dysplasia	1	60	1.00 (0.07,15.26)	1.00	54%
Periventricular leucomalacia	1	60	3.00 (0.13,70.83)	0.50	NA
Need for packed red blood cell transfusion	1	80	0.13 (0.05, 0.32)	<0.001	NA
Need for pRBC transfusion in 28 days	1	60	0.50(0.14,1.82)	0.29	NA
Need for phototherapy	2	280	4.00(2.57,6.24)	<0.001	0%

E-Table 5: Ongoing clinical trials

Serial no:	Study id	Study design	Inclusion criteria	Intervention vs control Sample size	Institution, country	Primary outcome
UCM Vs ICC						
1	NCT03731611 ²⁰	Pilot RCT	Preterm < 34 weeks with placental insufficiency	Intact UCM vs ICC N=90	Mansoura University Children Hospital, Egypt	Peripheral venous CD34 at admission
2	NCT03200301 ²¹	RCT	Preterm <32 weeks	Intact UCM vs ICC N=250	Jubilee Mission Medical College, Thrissur, India	Hemoglobin levels at birth and IVH in first week of life
3	NCT03023917 ²²	Multicentre RCT	Preterm <34 weeks	Intact UCM vs ICC N=300	Shanghai Jiao Tong university School of Medicine, China	Hemoglobin, hematocrit, ferritin at birth
4	NCT01666847 ²³	RCT	Preterm 24-27 ^{6/7} weeks	Intact UCM vs ICC N=59	Saint Louis University, Missoure, United States	Hemoglobin and hematocrit at birth
5	NCT02043249 ²⁴	RCT	Preterm <37 weeks	UCM vs ICC N=200	Hillel Yaffe Medical centre, Israel	IgG levels in infants at delivery
6.	NCT01819532 ²⁶	RCT	Preterm <33 weeks	Intact UCM vs ICC N=22	John Hopkins Hospital, Baltimore, Maryland, United States	Hemoglobin within 24 hours of life
7.	CTRI/2017/08/009484 ²⁷	RCT	Neonates > 28weeks	Intact UCM Vs ICC N=236	King George Medical University, Lucknow, India	Hemoglobin and haematocrit at birth and 6 weeks.
8	IRCT20180201038586N1 ²⁸	RCT	Preterm 28 - 34 weeks	Intact UCM vs ICC N=160	Mashhad University of Medical Sciences, Iran	Amount of blood transfused, amount of bilirubin
UCM Vs DCC						
1	NCT02996799 ²⁵	RCT	Preterm <32 weeks	Intact UCM vs ICC N=180	King AbdulAziz University, Jeddah, Saudi Arabia	IVH within 28 days of life
2	NCT02187510 ²⁹	RCT	Preterm born by LSCS <34 weeks	Intact UCM vs DCC N=40	Corporacio Parc Tauli, Barcelona, Spain	Hb at birth
3	TCTR20150106001 ³⁰	RCT	Preterm <34 weeks	Intact UCM vs DCC N=46	Phramongkutkiao hospital, Bangkok	Hematocrit within 2 hours of birth
4	NCT03147846 ³¹	RCT	Preterm 24-35 weeks	Intact UCM vs DCC (45-	Zagazig University, Saudi	HCT at birth

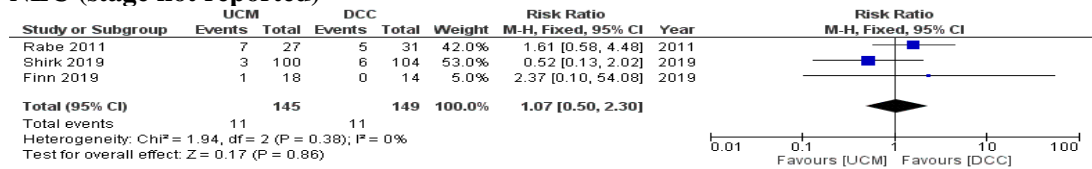
				60sec) N=200	Arabia	
5	NCT02092103 ³²	RCT	Preterm <34 weeks	Intact UCM vs DCC N=282	Good Samaritan Tri Health Hospital, Ohio, United States	Hb and HCT at birth
6	ChiCTR1800018366 ³³	RCT	Preterm neonates	UCM Vs DCC N=48	Suining Central Hospital, Sichuan, China	Cerebral hemodynamics 15 minutes after birth

Search criteria:

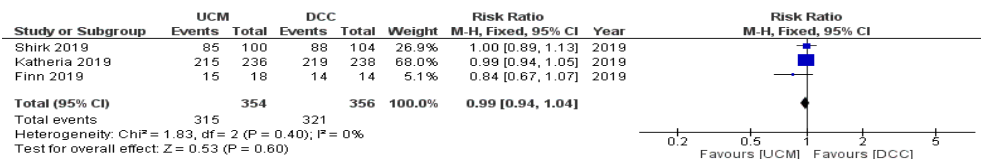
The databases were searched using the following keywords and medical subject headings for a) Population: ‘Infant, Newborn’ OR ‘Infant, Premature’ OR ‘Infant, Low Birth Weight’ OR ‘Infant, Extremely Low Birth Weight’ OR ‘Infant, Very Low Birth Weight’ OR ‘Infant, Small for Gestational Age’ AND b) Intervention: ‘Umbilical cord’ OR ‘Umbilical cord milking’ OR ‘Placental transfusion’ AND c) Randomized Controlled Trial or controlled clinical trial or clinical trial (publication type). No language restrictions were placed. Animal studies were excluded.

E-Figure 1: Neonatal outcomes (UCM Vs DCC)

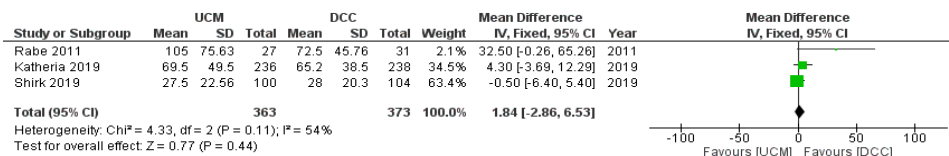
NEC (stage not reported)



Need for phototherapy



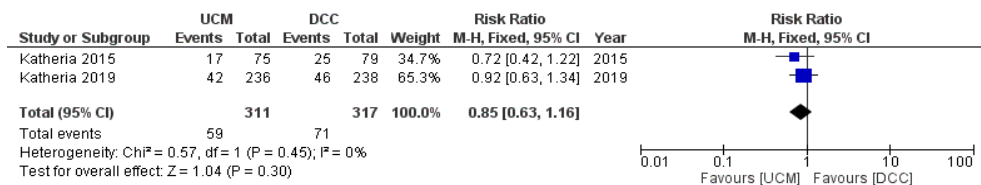
Duration of hospital stay



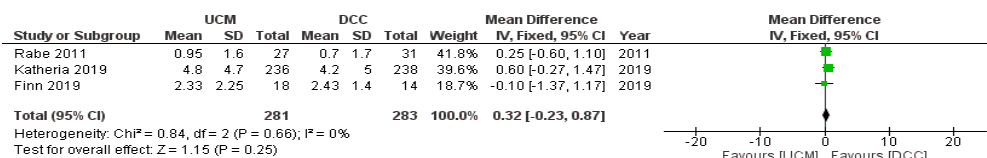
BPD



PDA

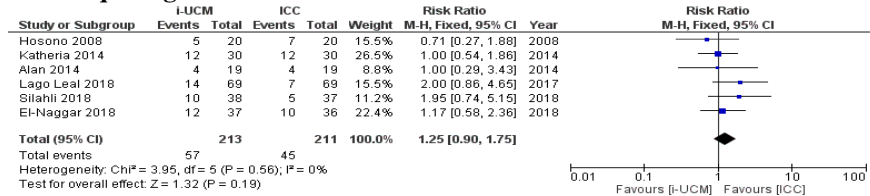


Number of RBC transfusions



E- Figure 2: Neonatal outcomes (i-UCM Vs ICC)

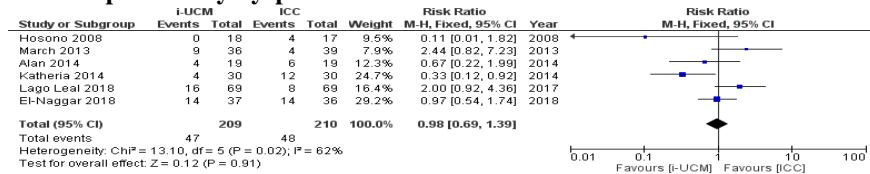
PDA requiring treatment



Definite NEC



Bronchopulmonary dysplasia



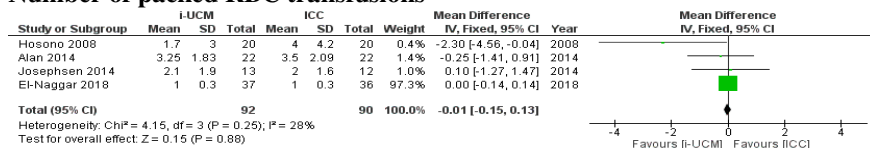
ROP (all stages)



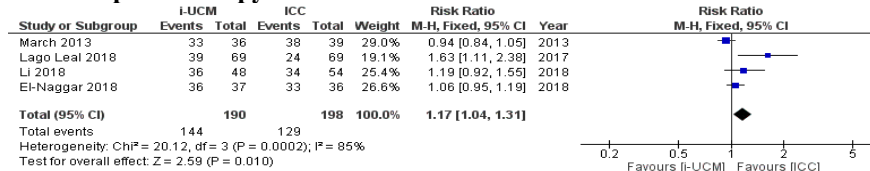
PVL



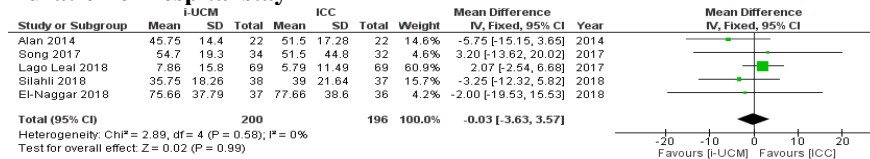
Number of packed RBC transfusions

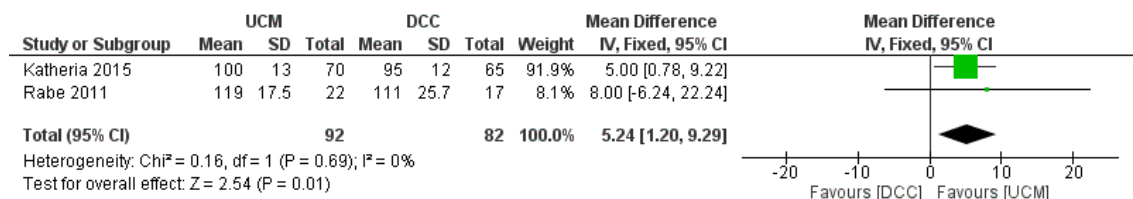
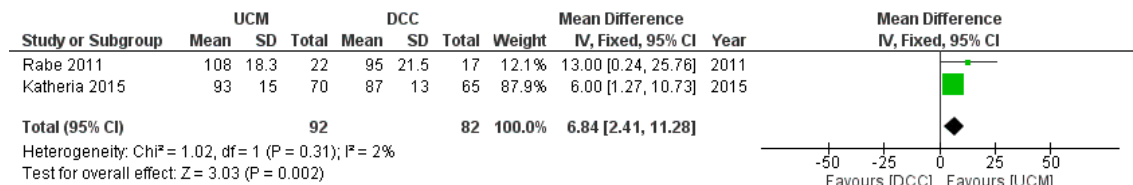
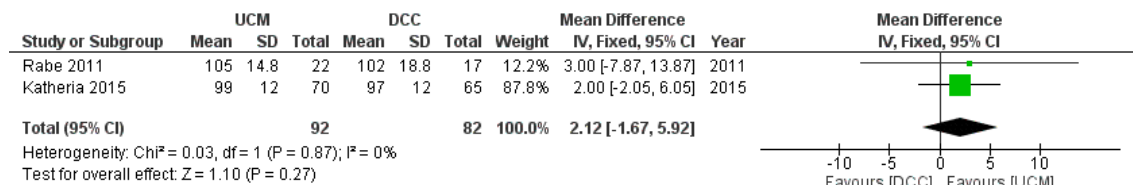


Need for phototherapy



Duration of hospital stay



E Figure 3: Long term neurodevelopmental outcomes (UCM Vs DCC)**Bayley III cognitive score****Bayley III Language score****Bayley III Motor score**

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