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This is a pocket handbook for those who are working with pregnant women, postpartum women, and infants, to answer such questions as:

- Where can I send a woman for more breastfeeding help than I can give to her right now?
- Where can I find a model breastfeeding policy?
- Where can I find a pump for a mother?
- How can I show a mother how to use a lactation aide?
- How do I bill for lactation services in my pediatric practice?

Nikki Lee, RN, BSN, Mother of 2, MS, IBCLC, CCE, CIMI, and Marjorie Scharf, RD, Mother of 3, MPH, created the first Philadelphia Breastfeeding Resource Handbook in 1992, inspired by Holly Lucard, BA, Mother of 3, IBCLC, who organized information about breastfeeding resources in the Philadelphia area for the Nursing Mothers' Advisory Council. Special thanks go to Kay Hoover, M.Ed, Mother of 3, IBCLC, FILCA, who, for nearly 13 years as lactation consultant for the Philadelphia Department of Public Health, served (and continues to serve) breastfeeding dyads and healthcare professionals with love and the highest level of professional practice.

Send requests for copies, updates, and corrections to:

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215-685-5237, extension #1
FAX 215-685-5257

This resource guide is available for free download at:
<www.phila.gov/health/units/mcfh/bf.html>

- The telephone or online service does *NOT originate* from a related E/M service or procedure for that patient within the previous 7 days
- The telephone E/M codes may NOT be used if the call leads to a face-to-face E/M service or procedure within the next 24 hours, or the soonest available appointment. (The online E/M codes do not carry this restriction.)

Note: Not all insurers reimburse for these codes.

Telephone Calls

Provided the criteria above are met, telephone calls may be billed using the following codes:

Medical Discussion in minutes	Physician Calls	Non-physician Provider Calls
5-10 minutes	99441	98966
11-20 minutes	99442	98967
21-30 minutes	99443	98968

Online Medical Evaluations

E/M services

- provided to an established patient, or to that patient’s parent, guardian or health care provider
- using the internet or similar electronic communications network
- not originating from a related E/M service in the previous 7 days may be billed, regardless of length, using codes
- 99444 for services provided by a physician
- 98969 for services provided by a qualified non-physician health care professional.

Billing for interdisciplinary team conferences

The codes for billing for participation in interdisciplinary medical team conferences attended by other health professionals have been updated for 2008.

To bill for participation in team meetings when the patient or family is present

- Physicians continue to use regular E/M codes, e.g. 99214 or 99215, using time as the controlling factor, based on face-to-face time spent on “counseling and coordination of care.”
- To bill for participation by non-physician qualified health care professionals, use 99366 for meetings of 30 minutes or more

To bill for participation in team meetings of 30 minutes or more when the patient or family is NOT present:

- 99367 participation by physician
- 99368 participation by non-physician qualified health care professional
- To bill for codes 99366, 99367, and 99368, there must be a minimum of 3 qualified healthcare professionals in attendance

About Breastfeeding

- Breastfeeding is the healthy, clean way to feed a baby, a toddler or a child. It is the natural basis for infant growth, development and health. Breastfeeding builds a special closeness between a mother and her baby and can increase family harmony.
- Formula use is a risk factor for developing obesity and diabetes, and increases an infant’s risk of developing infectious diseases (including gastroenteritis and upper respiratory infections), immunologic disorders leukemias and lymphomas, and SIDS.
- Lack of breastfeeding is a major risk factor in cases of unexplained infant death in Philadelphia.
- Formula use increases the risk of developing breast cancer for both mother and daughter. Artificial feeding makes a woman fertile soon after childbirth.
- Breastfeeding benefits the nation’s economy by reducing health care costs. A minimum of \$6 billion dollars could be saved yearly if women breastfed according to Healthy People 2020 goals.
- Breastfeeding conserves the planet’s resources. Human milk substitutes must be produced, packaged and transported. Waste from production and packaging must be discarded.
- **Healthy Children 2020 Goals for Breastfeeding in the U.S.:**
 - 75% of babies to be breastfeeding at hospital discharge
40% to be exclusively breastfeeding at 3 months of age
 - 50% to be breastfeeding at 6 months of age
17% to be exclusively breastfeeding at 6 months of age
 - 25% to be breastfeeding at 12 months of age

New proposed objectives for Healthy People 2020:

- Increase the percentage of live births that occur in facilities that provide recommended care for lactating mothers and their babies.
- Decrease the percentage of breastfed newborns who receive formula supplementation within the first 2 days of life.
- Increase the percentage of employers who have worksite lactation programs

Breastfeeding 2006 Statistics (provisional) Centers for Disease Control & Prevention (cdc.gov)

	<u>U.S.</u>	<u>Pennsylvania</u>
EARLY POSTPARTUM %	73.9 ± 1.1	67.6±5.7
Breastfeeding at 6 Months %	43.4±1.3	35.8±5.5
Breastfeeding at 12 months %	22.7±1.1	19.4±4.5
Exclusive Breastfeeding % At 3 Months	33.3±1.2	29.3±5.1
Exclusive Breastfeeding % through 6 Months	13.6±0.9	10.1±3.1

Breastfed infants supplemented with formula: before 2 days: 25.6 ± 1.4%
: before 3 months 37.9 ± 1.7
: before 6 months 44.7±2.0

Philadelphia Breastfeeding Initiation 2007 Statistics (9 hospitals)

From the answer to the question: "IS THE NEWBORN BEING BREASTFED?" on birth certificates. (Total # births = 23,648)

Yes:	49.98%
Unknown:	7.77%
No:	42.25%

2007 CDC Pennsylvania mPINC score: 61 out of a possible 100
(Maternity Practices in Infant Nutrition and Care survey)

Breastfeeding Definitions

Labbok and Krasovec
Studies in Family Planning 1990; 21(4):226-230

- Full
 - Exclusive (no other liquid or solid given to infant)
 - Almost exclusive (medicine, vitamins given infrequently)
- Partial
 - High (majority of feeds are breastfeeds)
 - Medium (about half of all feeds are breastfeeds)
 - Low (majority of feeds not breastfeeds)
- Token
 - Minimal, occasional, irregular breastfeeds

be used for this visit because the physician will have spent relatively little time face-to-face with the family. Time based coding is based specifically on the physician's time, NOT the allied health professional's time.

B. Health and Behavior Assessment and Intervention codes

After a breastfeeding (or any other health) problem has been established by the physician, an allied health provider may see the patient to focus on "the biopsychosocial factors, important physical health problems, and treatments" (the AMA's CPT 2006 manual, page 399). The following conditions apply:

1. *These require a medical condition* (e.g., feeding problem or low weight gain) **previously** diagnosed by the physician **at an earlier date**.
2. These health and behavior visits may not be reported on the same day as any other E/M service.
3. These visits are not for generalized preventive counseling or risk factor reduction.
4. These are billable in 15-minute time increments, based on the allied health professional's time (they are not for use by physicians or other billable licensed health care provider). If honored by the insurer, these codes are well reimbursed and are a good way to pay for your office lactation consultant who is not otherwise licensed or credentialed for billing.

Codes

- **96150** Initial health and behavior assessment (clinical interview, behavioral observations, health questionnaires, etc.):
Each 15 minutes face-to-face time
- **96151** Reassessment
- **96152** Health and behavior intervention, individual
Each 15 minutes face-to-face time
- **96153** Health and behavior intervention, group (two or more patients)
Note: you will need a group of five or six to be reimbursed for the allied health professional's time equivalently to the individual or family sessions.
Each 15 minutes face-to-face time
- **96154** Health and behavior intervention, family, with patient present
Each 15 minutes face-to-face time
- **96155** Health and behavior intervention, family, without patient present
Each 15 minutes face-to-face time

Billing for phone calls and online communications

Certain non-face-to-face services codes have been updated for 2008. The updated E/M codes for telephone and online medical discussions permit billing for both physician services and services provided by "qualified nonphysician health care professional(s)".

Billing for these services is limited to the following circumstances:

- The telephone or online communication is with an established patient, or an established patient's parent or guardian. NOT for NEW patients.
- *The online codes (but not the telephone codes) additionally may be used for communications with the patient's health care provider.*

*An allied health care provider cannot bill a consult under the “incident to” billing options. Only a nurse practitioner or physician’s assistant who has been credentialed individually by an insurance company may bill for either of these types of consults under that provider’s own name. Note: This is subject to individual state and payor limitations.

Billing for the infant’s mother

If the physician or other billable licensed health care provider is taking the mother’s history, examining her breasts and nipples, observing a feeding, and making a diagnosis and treatment plan for her, the clinician is treating a second patient. This may change the visit with the baby into two separate and identifiable visits with two different patients—two patients, two visits, two records, two bills, and two co-pays.

- Depending on the mother’s insurance, you may need to get a request from her primary care health care provider.
- Can be billed either as a new patient (99201–99205) or, if you have a request and will make a written report back to the requesting source, as a consult (99241–99245)

Billing for services by allied health providers who are neither nurse practitioners nor physician’s assistants

Services provided by an allied health professional who is not a billable and credentialed nurse practitioner or physician’s assistant, (e.g., a nurse, health educator, or lactation consultant) can be billed two ways.

- A. The allied health professional’s time can be used to make the physician’s time more productive.
- B. The Health Behavior Assessment and Intervention codes allow the allied health professional to see the patient alone and bill for the allied health professional’s face-to-face time.

A. Joint visit physician and allied health professional: (99212–99215)

This is a physician visit, which is supported and facilitated by the initial work of the allied health professional. The latter begins the visit, records the chief complaint, documents the history, establishes key physical findings, observes and documents the breastfeeding encounter, and counsels the patient about lactation issues related to the problem.

The physician can join the allied health provider, baby, and mother partway through the encounter and then:

1. Review the history
2. Examine the infant to confirm and/or add to the physical
3. Document in the chart the physician’s physical findings, diagnoses and plans
4. Write any necessary prescriptions.

With the help of the allied health provider, physician time spent on history taking, counseling, and education will be minimized.

History, physical, and medical decision-making guidelines will be used to decide the level of the visit code (99212–99215). Time based coding cannot

1. WIC Offices and Breastfeeding Counselors

WIC = Women, Infants & Children Program
www.northwic.org
Main office: 215-978-6100

Any mother interested in breastfeeding may be referred to a WIC office, if she is pregnant or has children under 5 years old. WIC enrollment is based on the entire income in the household and the number of people in the family. Middle-income families may be eligible as well as the low income. Once the mother is enrolled, she may be referred to Lisa Volpe for a breast pump.

WIC encourages breastfeeding women to breastfeed exclusively for 6 months and to continue for at least one year. Women who do are given a food package (for them and their baby) that is worth over \$1600 in the 1st year of the baby’s life.

Hospital grade pumps are available to a mother whose infant is in a Philadelphia hospital for a prolonged period of time. She must provide identification for herself and her baby and place a \$25 deposit, \$20 of which is refunded upon pump return.

Double electric portable pumps are given to women who work and/or attend school if they are active in the WIC program and are not receiving any formula. The mother must provide identification for herself, proof of her baby’s birth, and a note from her employer or school counselor. She must attend a training session about the use and cleaning of the pump.

Lisa Volpe, Breastfeeding Counselor
215-978-6100 ext. 22

Electric breast pump rental available by calling cell phone 215-913-9199
(This service is for infants hospitalized in a Philadelphia hospital whose mothers are committed to breastfeeding.)

WIC of Pennsylvania

717-783-1289
Cynthia Maki RD, MS

cmaki@state.pa.us
Breastfeeding Coordinator

If mother receives pump of lesser quality than prescribed:

If a mother who is insured by a Medicaid Insurance Provider has a prescription from her doctor for a hospital grade electric breast pump and the durable medical equipment company gives her a pump of lesser specifications, contact Jane Boyer, liaison on pump issues at:

jaboyer@state.pa.us

Philadelphia area WIC Offices

Aramingo

2104 E. Tioga Avenue A-4
Philadelphia, PA 19134
215 423-9597, 9598

Germantown Avenue

Mt. Airy Presbyterian Church
13 East Mt. Pleasant Avenue
Philadelphia, PA 19119
215 248-1500, 1501

Health Center #3

555 South 43rd Street
Philadelphia, PA 19104
215 685-7519

Health Center #5

1900 N. 20th Street
Philadelphia, PA 19121
215 765-8481, 1828

Kensington-Allegheny

1825-31 E. Hilton Street
Philadelphia, Pa 19134
(215) 426-6801

Lehigh Avenue

217-33 W. Lehigh Avenue
Philadelphia, PA 19133
215 634-8713

Mobile Unit

Clinic 29-301-302
642 N. Broad Street
Philadelphia, PA 19130
215 978-6100

Opal Street

1727-35 W. Lehigh Avenue
Philadelphia, PA 19132
215 225-0860

North Philadelphia

3141 Germantown Avenue
Philadelphia, PA 19133
215 229-4034, 3786

Northeast

8570 Bustleton Avenue
Philadelphia, PA 19152
215 745-7252, 7251

Olney/Logan

5751 N. Broad Street
Philadelphia, PA 19141
215 927-1950, 7165

Parkwood WIC Office

Parkwood Shopping Center
12401 Academy Road, Ste. 210
Philadelphia, PA 19154

Roxborough

5830 Henry Avenue, Lower Level
Philadelphia, PA 19128
215 487-6550, 6551

South Philadelphia

1536 S. Broad Street
Philadelphia, PA 19128
215 463-5571, 5579

West Philadelphia

4148 Lancaster Avenue
Philadelphia, PA 19104
215 222-3244, 3268, 3287

Woodland Avenue

1741 S. 54th Street
Philadelphia, PA 19143
215 726-1142, 1143

- a. Your total face-to-face time with the patient and/or the patient's family.
- b. Time spent counseling (and this must be > 50% of total)
- c. A brief description of what was discussed (should be one or more: diagnosis or impressions; prognosis; risks/benefits of management options; instructions for management and follow-up; compliance issues; risk factor reduction; patient and family education); a checklist on your encounter form will make this easier for all time based visits, not just those about breastfeeding issues

You can bill for time for most routine E/M codes, e.g., 99212–99215, when counseling and education dominate a visit otherwise not meeting customary guidelines for history, physical, and medical decision-making. (but it should be noted that time-based billing cannot be used with the preventive medicine service codes, since their CPT code descriptors do not contain “typical times”)

The CPT E/M guidelines for billing based on time:

<i>New</i>		<i>Established</i>		<i>Outpatient</i>	
<i>Patient</i>	<i>Time</i>	<i>Patient</i>	<i>Time</i>	<i>Consult</i>	<i>Time</i>
99202	20	99212	10	99241	15
99203	30	99213	15	99242	30
99204	45	99214	25	99243	40
99205	60	99215	40	99244	60
				99245	80

[For example, if you spent 30 minutes face to face with an established baby and mother, of which greater than 15 minutes were spent counseling about feeding issues, you could bill with CPT code 99214, ignoring the usual history, exam, and medical decision-making requirements for a 99214. Your chart documentation must include the three elements described above: total physician face-to-face time, total time spent counseling, and a description of that counseling.]

Consultations

The physician or individually credentialed nurse practitioner or physician's assistant* may also bill the initial feeding evaluation as a requested consultation if the following guidelines are met:

A requested consultation (99241–99245) requires the “3 Rs,” documentation on chart of:

1. **Request** (whether verbal or written) from another physician (even within the practice) “or other appropriate source” (can be a lactation consultant or even a La Leche League leader) is documented
2. **Render** the service requested
3. **Report** back to requesting source (Note: must be a written report.)
 - a. Billing for codes 99241-99245 may be either based on key components or time.

Follow-up visits will be billed as established patients (99212–99215).

- If the feeding problem persists, use an ICD-9-CM such as 779.3, 774.6, 783.21, etc.
- If, however, the feeding problem has resolved, use instead ICD-9-CM code V67.59, just as you would for a follow-up resolved otitis media.

2. Nurse visit with possible triage to physician or other billable licensed health care provider

This is a weight check and quick screen for feeding, sleep, and stool patterns. It is only billable to the nurse as a 99211 if it is NOT triaged to the doctor. Triage based on adequacy of feeding:

- If this visit demonstrates that good feeding has been established, the physician does not need to see the patient to bill for a limited nurse's visit with CPT code 99211 and ICD-9-CM code V67.59.*
- If nurse's weight check visit reveals persistent problems, you do NOT bill for the nurse visit but instead triage back to pediatrician or other billable health care practitioner (NP or PA) immediately for a problem visit, billable as a follow-up visit (99212–99215)*

Billing for extra time spent on feeding problems at any well baby visit

If, at a well visit, a significant, separately identifiable, diagnosable feeding *problem* necessitates extra time beyond routine well visit feeding counseling, then the 99212-99215 codes appended with the modifier 25 may be reported in addition to the preventive medicine service code.

A separate note is optimally written, on a separate page or on the same page with a line separating the two notes: the well visit note and the problem based note. Furthermore, the problem-based note will require that all required key components of appropriate time-based billing are documented for the code selected.

Both visits are then billed, adding the modifier 25 to the acute visit code. Billing might then be, for example:

99391 V20.2
99213- 25 779.3 [or 783.3 if over 28 days]

Note: Some insurers do not accept the modifier 25.

Billing for any clinician's visit based on time

Because breastfeeding visits are dominated by counseling and education, they can be time-intensive. The CPT guidelines allow for a visit to be billed based on time, rather than by meeting the E/M requirements for elements of history, physical, and decision-making, *if*:

1. More than 50% of the practitioner's face-to-face time with the patient has been spent on counseling (patient education)
2. You must document on the chart:

2. Community Support Organizations

Community support organizations offer monthly group meetings that focus on topics relevant to breastfeeding and parenting. Volunteer, trained breastfeeding counselors provide encouragement and practical suggestions of a non-medical nature via telephone.

KEY:
 ref = referrals
 l=leader
 GC=group coordinator
 cc=chapter coordinator
 co-cord=co-coordinator

Ambler Nursing Mothers (Independent)

Marla Kepniss 215-546-7276 mkepness@hotmail.com
 Nikki Donecker 215-542-1154 Nikkimc@comcast.net

Family Breastfeeding Association (FBA)

Langhorne PA 19047
 215-785-1843 (answering machine)

La Leche League (LLL)

610-466-7430
 Kerri Klugewicz
 Exton, PA 19341
 kerriklugewicz@msn.com
 PA HELPLINE 610-666-0359
 LLL International 877-4-LA-LECHE
 www.llli.org

North Penn Nursing Mothers (NP)

Hatfield, PA 19440
 215-368-1573 Marilyn Boone
 www.northpennnursingmothers.org

Nursing Mothers' Advisory Council (NMAC)

P.O. Box 91
 Abington PA 19001
 WARMLINE (8 am-6 pm) 215-572-8044
www.nursingmoms.net

Nursing Mothers' Alliance (NMA)

P.O. Box 882
 Exton PA 19341
 610-251-9405 nmapasub@yahoo.com
 www.nursingmothersalliance.org

Nursing Mothers' Network (NMN)

P.O. Box 151, Springfield PA 19064
 610-626-0220 (answering machine)
 www.nursingmothersnetwork.org nursingmothersntw@gmail.com

Nursing Mothers, Inc. (NM, INC.) (Kennet, West Grove)

www.Nursingmoms.org
 P.O. Box 5462
 Wilmington DE 19808
 info@nursingmoms.org
 1-866-733-4664 (answering machine)

Pennsylvania Department of Health

Healthy Baby Line
 1-800-986-2229
 TTY 1-877-232-7640

Trained personnel make referrals to local assistance, and answer questions about nursing, engorgement, sore nipples, milk supply, pumping, returning to employment/school, fussy baby and weaning. Hours are 8-8 Mon.-Fri.; 8-6 on Saturday.

National Breastfeeding Hotline

1-800-994-9662 (TDD 1-888-2205446)
 LLL peer counselors answer 9-6 EST Monday through Friday
 Leave a message and calls will be returned.

Local Groups: refer mother to group in her zip code.

Philadelphia County

LLL of Eastern PA www.llofeasternpa.org
 Philadelphia area Helpline 610-666-0359

Abington NMAC

191: 11, 15-16, 20, 26, 34, 49, 52

(Abington is in Montgomery County; however, due to the dearth of volunteer counselors, Abington NMAC is covering a larger area than in the past. We are grateful for this generosity!)

267-625-6216 Marlene Schultz vinmar7399@verizon.net
 267-781-292 Jessica Hess jessligas@yahoo.com

Center City Philadelphia LLL

19102-8, 12-13, 19121-23, 19130-1, 19139, 19143, 19145-48, 19151, 19153

Meets at Essene Natural Food Market 10 am 1st Tuesday each month
 215-729-0222 Joanne Laub (I) joanne.laub@gmail.com
 215-222-6332 Marlene Gawarkiewicz (I) MJGawark@aol.com
 856-727-5042 Lisa Cohen (I) urbanfashionista@aol.com

Family Breastfeeding

19114, 35, 36, 54
 215-785-1843 Answering Machine for referrals

The visit may be billed as either

- a first routine well visit OR
- a follow-up visit, for a problem noted earlier

Billing as a well visit

If the infant's previous record does not document a feeding problem, and no other health problem has been identified, then this first office visit should be coded and billed as an established patient well-child visit.

- CPT code 99391
- ICD-9-CM V20.2 (and any other indicated diagnosis codes, e.g., for jaundice or feeding problem)

In any well visit, the clinician is expected to spend time addressing routine feeding issues. When unusual time beyond the usual is required, there are two ways of billing for this extra time.

When extra time is required:

If a feeding problem exists which requires more than an ordinary amount of time to address, the physician may, depending on the circumstances, choose one or both of the following options, as clinically appropriate:

- Prefer to spend extra time at this visit to address the problem immediately. This may then be billed separately using the 99212-99215 codes appended with the modifier 25, following the guidelines described on the next page
- Schedule a follow-up visit, for example, within a few days, or at one to two weeks of age. That follow-up visit would then be billable using the office follow-up codes (99211-99215) related to that feeding problem diagnosis.

Coding and billing as a follow-up visit

For this to be billed as a follow-up visit, the reason for follow-up must be clearly established on the preceding record.

- The earlier chart must document the unresolved problem that requires a follow-up visit.
- An appropriate diagnosis code, e.g., "newborn feeding problem" (779.3), or "jaundice" (774.6) must be included with the discharge diagnoses, to establish the reason for the follow-up visit.
- Alternatively, telephone chart notes document that, since discharge, a new problem exists.

Examples of problems requiring follow-up include, but are not limited to:

- Jaundice
- Infrequent and/or dark stools
- Ability to transfer milk not established
- Infrequent breastfeeding
- Weight loss exceeds 7%
- Breastfed infant being fed formula

Options for coding and billing as a follow-up visit:

1. Schedule routinely with physician or billable licensed health care provider (e.g., NP or PA):

Use office follow-up codes 99212-99215 and appropriate ICD-9-CM codes:

Nipple

Burning pains, hyperesthesia	782.0
Nipple infection	675.04
Nipple, cracks or fissures	676.14
Nipple, sore	676.34
Retracted nipple, postpartum	676.04
Impetigo (staph), nipple	684
Candidiasis, nipple or breast	112.89

Constitutional

Disrupted sleep cycle	780.55
Fatigue	780.79

Lactation

Agalactia, failure to lactate	676.44
Lactation, delayed	676.84
Lactation, suppressed	676.54
Other specified disorders of lactation	676.84
Supervision of lactation	V24.1
Other specified follow-up exam (When the original reason for visit has resolved)	V67.59

The three- to five-day visit

The AAP recommends^{1,2,3} this visit

- to assess jaundice in ALL infants, regardless of feeding method.
- to address other early feeding issues

For breastfeeding infants, the purpose of this visit is

- to assess weight, hydration and jaundice and
- to address the ability of the infant to:
 1. Maintain hydration AND
 2. Sustain growth and activity AND
 3. Increase and maintain maternal production.

This assessment usually includes:

1. History: Infant feeding, sleep and activity patterns, urine and stool output; maternal lactogenesis, comfort and confidence
2. Exam: Weight, and exam for dehydration, sleepiness and level of jaundice
3. If indicated, observation of a feeding, including weights before and after feeding
4. Testing, interventions, and counseling if indicated

¹ American Academy of Pediatrics, Subcommittee on Hyperbilirubinemia. Management of hyperbilirubinemia in the newborn infant 35 or more weeks of gestation. Pediatrics. 2004;114:297-316

² American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine. Recommendations for Preventive Pediatric Health Care. Pediatrics. 2000;105:645

³ American Academy of Pediatrics, Committee on Fetus and Newborn. Hospital stay for healthy term newborns. Pediatrics. 1995;96:788-790

Philadelphia Department of Public Health/ Healthy Start

Health Center #2 1720 S. Broad Street 10-11:30 am 1st Tuesday
Health Center #4 4400 Haverford Avenue 6-7:30 pm 3rd Tuesday

Maternal Wellness Center

606 Carpenter Lane, Philadelphia, PA 19119
215-713-2666 maternalwellness@yahoo.com
215-528-8759 Jillian Nemeth

La Leche League meeting: 10 am the third Thursday morning of each month;
lactation counselor sees mothers for free (if financial criteria are met) or for a charge.

Mt. Airy/Chestnut Hill NMAC

19038, 19118-9, 19127-29, 19138, 19144,
(can also take if needed: 19140-41, 19150)

484-924-9205 Vicky Sullivan vfsullivan@gmail.com
610-828-9663 Dana Meltzer danalehrer@hotmail.com

Pennsylvania Hospital Breastfeeding Support Group

215-829-3644 (For women who have delivered anywhere.)

The Breastfeeding Support Group meets every Monday (except for legal holidays) from 12:30-2 in the Hall Mercer Building, Parent Child Center, 3rd Floor, 800 Spruce Street.

Thomas Jefferson University Hospital

Breastfeeding and Pumping Mothers Support Group
215-955-6665 Tues, 12 n -1 pm
833 Chestnut Street, 3rd floor

The Birth Center

Breastfeeding Support Group Patty Siegrist RN, IBCLC 610-525-6106
Every other Wednesday 10 to noon
Studio 34, 45th and Baltimore Ave

Bucks County

Doylestown NM (NMAC)

18901, 10-14, 17, 25, 27, 28, 31, 38, 44, 47, 49, 50

215-340-1688 Bridget Mulcahy bet68@aol.com
215-345-1896 Teri Windisch terig89@hotmail.com

Doylestown LLL

18901, 10, 11, 12, 14, 17, 25, 27, 28, 31, 36, 38, 44, 47, 49, 76, 19040, 090,
446, 454

215-489-4236 Kim ke@concate.com

Grand View Hospital

18960, 62, 64, 68, 79, 51, 44, 35, 32, 27, 11, 14, 15, 17, 18, 4, 19438, 26,
40, 43, 46, 50, 51, 73, 8, 92, 18073, 70, 74, 76, 84
215-453-4594 Phyllis Young

Family Breastfeeding

18940, 77, 190:07, 17, 20, 30, 47, 53-59, 67
 215-785-1843 Answering Machine for referrals

North Penn Nursing Mothers warm line: 215-368-1573

18915, 18, 24, 36, 58, 62, 64, 68

Quakertown NM

215-453-4594 Phyllis Young (h) 215-679-4028
 189: 30, 32, 35, 42, 51, 60, 62, 64, 68, 72, 79.
 180: 36, 55, 73, 77

Warwick/Warminster Area Nursing Mothers (NMAC)

18925, 29, 54, 66, 74, 76

276-981-5619 Missy Jester missyjester@verizon.net

Yardley-Newtown LLL 19067

215-295-0933 Jeremi asanamama1@verizon.net
 215-579-1577 Andrea Bernak5@verizon.net

St. Mary Medical Center 19047

215-710-5988
 The Breastfeeding Support Group meets on 1st and 3rd Wednesdays, 11:30 am-12:30 pm.

Chester County

Chester Springs co-sponsored with Paoli Hospital
 1-866-CALL-MLH 1st and 3rd Tuesday every month 2-3 pm

Downingtown LLL Meetings: 4th Tuesday every month 7:30p

Exton/Lionville LLL Meetings: 2nd Thursday every month 7:30p

Glenmoore-Elverson LLL Meetings: 3rd Monday every month 10 a

Kimberton LLL Meetings: 1st Tuesday every month 9:30a

West Chester LLL 3rd Thursday every month

Leaders:

610-344-7433 Shelly kierkar@psualum.com
 610-321-0319 Kristina klpasquale@comcast.net
 610-299-1038 Dana ehmanfamily@yahoo.com
 Jennifer beanmom@beanmom.com
 610-363-6206 Judy japolley@verizon.net
 610-466-7430 Kerri KerriKlugewicz@msn.com

Commonly used ICD-9-CM codes**Baby****Feeding problems**

Feeding problem or vomiting, newborn 779.3
 Feeding problem, infant (> 28 days) 783.3
 Vomiting, infant (> 28 days) 787.03

Jaundice

Breastmilk jaundice 774.39
 Neonatal jaundice 774.6
 Preterm jaundice 774.2

Weight and hydration

Dehydration, neonatal 775.5
 Weight loss 783.21
 Underweight 783.22
 Slow weight gain, FTT 783.41
 Rapid weight gain 783.1
 As well as all the diagnoses associated with size and maturity.

Infant distress

Fussy baby 780.91
 Excessive crying 780.92
 Infantile colic or intestinal distress 789.07

GI issues

Change in bowel habits 787.99
 Abnormal stools 787.7
 Diarrhea 787.91
 Mouth
 Ankyloglossia 750.0
 High arched palate 750.26
 Other specified follow-up exam V67.59
 (When the original reason for visit has resolved)

Mother**Breast issues**

Abscess, Breast 675.14
 Blocked milk duct 675.24
 Breast engorgement, ductal 676.24
 Burning pains, hyperesthesia 782.0
 Ectopic or axillary breast tissue 757.6
 Galactocele 676.84
 Mastitis, infective 675.14
 Mastitis, interstitial 675.24
 Other specified nipple/breast anomaly 757.6
 Other specified nipple/breast infection 675.84

18. AAP Guide to Billing for Lactation Services

The AAP has granted permission to reproduce the on-line version of this coding document, located at www.aap.org/breastfeeding/PDF/coding.pdf.

Supporting Breastfeeding and Lactation: The Primary Care Pediatrician's Guide to Getting Paid

Breastfeeding support can often be quite time-intensive initially but pays off in a healthier patient population. It is in your insurers' best interests that you provide these services, and be reimbursed appropriately. This pamphlet is a guide to help pediatric practitioners get paid appropriately for their time as they incorporate more breastfeeding support into their practices. Billing for problems with breastfeeding and lactation is just like billing for any other pediatric problem. Pediatricians and other billable licensed practitioners (nurse practitioners* and physician assistants*) may:

- Use standard CPT codes, e.g., 99212–99215
- Use standard ICD-9-CM codes, e.g., 779.3 or 783.3
- Code based on time, if greater than 50% of time is spent in counseling, education or coordination of care
- Use modifier 25 appended to a separately reported office or other outpatient service to bill for extended time spent on feeding problems at a well baby visit.
- Bill for care provided for the mother, often as a new patient, in addition to billing for the baby, if history, exam, diagnosis and treatment are done for her.

The practice can also, under specific circumstances, charge for services provided by nurses and such allied health professionals as lactation consultants, health educators, and nutritionists, using a variety of codes.

This pamphlet discusses:

1. Commonly used ICD-9-CM codes
2. Options for billing the three-to-five day visit
3. Billing for extra time spent at well baby visits
4. Use of time-based coding
5. Billing for consults
6. Billing for care provided for the mother
7. Billing for allied health professional services

**Unless restricted by their state or payors' scope of practice limitations. This pamphlet does NOT discuss the detailed, important and specific guidelines affecting decisions about billing for nurse practitioners and physician assistants, i.e., whether credentialed and billed under their own names vs. billing for their services "incident to" physician care and thus billed under the physician's name. That topic is beyond the scope of this pamphlet. However, all physicians employing such allied health care providers need to be aware of, and understand, the applicable billing rules, and apply them carefully—whether billing for feeding problems, or for any other medical services in the pediatric office.*

Kennett NM, INC.

19311, 19317, 19330, 19348, 19350, 19352, 19360, 19362-63, 19365, 19390
Warmline: 1-866-733-4NMI

North Penn Nursing Mothers Warm line 215-368-1573
19423, 26, 30, 35, 38, 40, 43, 46, 50, 51, 54, 73, 74, 78

Phoenixville/Downingtown/Coatsville NM NMA

193: 20, 35, 41, 44, 355.
194: 02, 03, 25-26, 32, 53, 455, 60, 64-65, 68, 75, 81.
19525
610-251-9405 Warmline

Wayne/Paoli NMA

190: 10, 35, 85, 87. 193: 01, 12, 33. 194: 01, 05, 06, 28. 193: 55, 80.
19425
610-224-1765 Karen Zelikoff
610-254-8300 Jennifer Neely www.nursingmotherssupplies.com

West Chester/Exton Area NMA

19341-42, 80, 82, 95 www.nursingmothersalliance.org
610-344-7275 Judy (ref) 19380
610-251-9405 Warmline

West Grove NM, INC.

19310, 11, 30, 46, 47, 51, 52, 62, 63, 65, 70, 90

610-932-2432 Dawn Regan
610-932-2724 Laura Chambers

New Castle County, DE LLL

302 838-8828 Karen Kolek (I) 19701 khkolek@comcast.net

Delaware County

Greater Philadelphia Area LLLI Helpline: 610 666-0369

Havertown

www.lllusa.org/web/DelCoMainLinePA.html

610-667-9997 Stacey (I) staceyamir@gmail.com
610-789-3032 Barb (I) bhinski@hotmail.com
610-527-1525 Jamie (I) failla525@msn.com

Nursing Mothers' Network

Serves all the zip codes in Delaware County.
9:30 am 2nd Tuesday each month.
Riddle Memorial Hospital's Education Center: Childbirth Classroom
610-626-0220 (answering machine) www.nursingmothersnetwork.org

Birthmark

610-892-5051 Media Wednesdays 1:30 pm

LLL Mediawww.illusa.org/web/DelCoMainLinePA.html
610-892-9787 Barbara Crozier (I) 19086 bcropet@hotmail.com**The Birth Center**Rosemont @ Rosemont Plaza, 1062 E. Lancaster Ave, Rosemont Pa
Every other Thursday 9:30 to 11 am
Patty Siegrist RN, IBCLC, facilitator 610-525-6106**Nursing Mothers' Network:**19003, 08, 64, 66, 73, 82, 83. 19151
610-626-220 Warmline
Meetings 9:30 AM 2nd Tuesday each month at Riddle Memorial Hospital**Montgomery County****Abington Area NM NMAC**

190:01, 06, 09, 12, 25, 27, 38, 40, 44, 46, 75, 90, 95

215-625-6216 Marlene Schultz (co-ord) vinmar7399@verizon.net
215-346-2112 Jessica Hess (co-ord) jessligas@yahoo.com**Ambler Nursing Mothers**

19002, 31, 34, 75, 19422, 36, 37, 44, 62

215-654-5227 Debby Fisher (ref) Deb.fisher@verizon.net
Nikki Donecker Nikkimc@comcast.net**Ardmore LLL (meets in Havertown)**

www.illusa.org/web/DelCoMainLinePA.html

610-667-9997 Stacey Goldman (I) staceyamir@gmail.com
610-789-3032 Barb (I) bhinski@hotmail.com
610-527-1525 Jamie (I) failla525@msn.com**Ardmore, Overbrook, Havertown Nursing Mothers Network**19003, 04, 26, 41, 66, 72, 82, 83, 96, 19131, 19151
610-626-0220**17. Medical Practices with lactation support staff or where Breastfeeding Medicine is offered***This list is of those currently known to the lactation consultant community.
Please contact Nikki.Lee@phila.gov to add more.***Allstar Pediatrics**400 N. Gordon Drive, Exton, PA 19341
610-363-1330Ambler Pediatrics (JoAnn Serota CRNP, IBCLC)
602 S. Bethlehem Pike, Ambler, PA, 19002-5800
214-643-7771**Brandywine Pediatrics**3521 Silverside Road, #1F, Wilmington, DE 19810-4917
302-478-7805**Broomall Pediatric Associates**1991 Sproul Road, Suite 600, Broomall, PA 19008
610-325-1400**Center City Pediatrics**1740 South Street, Philadelphia PA 19146
215-735-5600**Cowpath Pediatrics (Carol Klebeck MD, IBCLC)**108 Cowpath Road, #1 Lansdale. PA
215-855-1599**Drexel Hill Pediatrics (Penny Soppas MD, IBCLC)**5030 State Rd # 2-900, Drexel Hill, PA 19026
610-623-9080 ext 151**Fairmont Pediatrics and Adolescent Medicine**2000 Hamilton Street, Philadelphia PA 19130
215-774-1166**North Willow Grove Pediatrics (Colleen Gulczynski DO, IBCLC)**2701 Blair Mill Road, Willow Grove, PA 19090 215-672-6622
1010 Horsham Road, North Wales, PA, 19454 215-364-5800**Margiotti and Kroll Pediatrics**

2861 S. Eagle Road, Newtown, PA, 18940 215-968-5800

Society Hill Pediatrics (Roshani Anandappa MD, FAA)

1233 Locust Street, Philadelphia 19107 215-545-8188

Infant Feeding Specialists (Infant feeding clinic, OT, CCC/SLP)

(1-2 month waiting list) 215-955-1200
Thomas Jefferson University Rehabilitation Clinic

Practitioners trained in Beckman Oral Motor Assessment
<http://www.beckmanoralmotor.com/therapists.htm>

TheraPlay (Drexel Hill, West Chester, Hatboro)
www.theraplayinc.com

Craniosacral therapists:

www.upledger.com click on "Find a Practitioner"

Infant Massage Instructors:

www.lovingtouch.com click on "Find an instructor"
www.infantmassageusa.com click on "educator directory"

Dermatologists:

Barry Friter MD 215-947-7500
Huntingdon Valley, PA

Paul Gross MD 215-829-3576
Pennsylvania Hospital

Jonathan Winter MD 856-589-3331
Sewell, NJ

Michele Ziskund MD 610-649-8541
Wynnewood, PA

Pediatric Gastroenterologist

Kevin Kelly MD 25-293-8800
Willow Grove, PA 19090

Radiologist to Read Mammogram in Lactating Woman:

Kimberly A. Kubek, MD 610-356-9030
Newtown Square, PA 19073

Breastfeeding Resource Center 117 N. Easton Road, Glenside 19038
215-886-2433 call or check website for group meeting times
www.breastfeedingresourcecenter.org

Bryn Mawr Hospital Breastfeeding Support Group

610-645-2336 Terry Sanborn
SanbornT@MLHS.ORG
Bryn Mawr Hospital, Conf Room F, 2nd floor, E wing,
Thursdays 2-3 pm

Harleysville NM

180: 54, 74, 76, 84.
189: 18, 24, 58, 60, 62, 69.
194: 23, 26, 30, 35, 38, 43, 50, 51, 73, 74, 78

215-368-1573 Marilyn Boone (cc & ref) dutch@nni.com

Lansdale-North Wales NM NP

189: 15, 36. 194: 40, 46, 54
215-412-1735 Cindy Leahy paoche@verizon.net

North Penn Nursing Mothers

18915, 18, 24 Warm line 215-368-1573

LLL of Central Montgomery County

www.illusa.org/web/MontgomeryCentralPa.html
610-389-9195 Wei
610-287-2794 Karen karenLLL@verizon.net
215-412-0417 Vincie

Montgomery County East LLL

www.illusa.org/web/MontgomeryEastPA.html

215-886-1693 Mary Ann Albert (I), Oreland
215-675-9166 Mary Durkin (I), Hatboro
215-822-3964 Andy (I)
610-584-4177 Erin (I)
267-760-5620 Hope Allyson (I)
215-663-9325 Janice (I)

Phoenixville/Downingtown/Coatsville NM NMA

193: 20, 35, 41, 44, 355.
194: 02, 03, 25-26, 32, 53, 455, 60, 64-65, 68, 75, 81.
19525
610-251-9405 Warmline

Wayne/Paoli NM NMA

19010, 19035, 19085, 19087, 19301, 12, 33, 19405, 19406, 19401, 19428,
19355, 19380, 19425
www.nursingmothersalliance.org
610-251-9405 Warmline

2. Breastfeeding Classes

Classes are open to anyone, no matter where the baby will be born. Fees vary depending on the institution and the client's insurance carrier. The Basic Breastfeeding class is for prenatal women. The Working Mother classes are for prenatal or postpartum women. Support people are welcome.

Philadelphia County

215-456-5879

Coordinator: Tauba Jarvis

Department of Obstetrics and Gynecology

Albert Einstein Medical Center

5401 Old York Road, Philadelphia, PA 19141

Prenatal childbirth class offered: a one day class on a weekend day.

Breastfeeding incorporated into this class. Private insurance pay \$85. Other insurances billed directly.

866-484-2478

Registrar: Jacqueline Neff

Hahnemann University Hospital

Broad and Vine Streets

Philadelphia, PA 19102

10am-12, \$20 (with insurance), free of enrolled in enrolled in Medical Assistance

215-662-3243

1-800-789-PENN

Sue Stabene

Hospital of the University of Pennsylvania

3400 Spruce Street, Philadelphia, PA 19104 Every 6 weeks a 2-1/2 hour class.

Two classes are offered regularly:

- Basic Breastfeeding
- Breastfeeding and the Working Mother

215-829-5020

Pennsylvania Hospital

800 Spruce Street, Philadelphia, PA 19107

rodrigum@pahosp.com

Prenatal breastfeeding class offered monthly.

215-955-6713

1-800-JEFF NOW

Terry O'Brien

Parent Education Coordinator

Thomas Jefferson University Hospital

111 South 11th Street, Philadelphia, PA 19107

Classes held twice a month 6-8PM (free)

215-707-1365 Cheryl Selden-Klein registrar (*Temple University Hospital*)

215-926-3517 Anna Caraballo registrar (*Northeastern Ambulatory Care*)

Childbirth classes are held once a month:

1) *Northeastern Ambulatory Care Center*

2301 East Allegheny Avenue, 19143

2) *Temple University Hospital 3401 N. Broad Street*

Breastfeeding integrated into full-day childbirth class Free

16. Related Practitioners/Complementary Therapies

The practitioners listed here have been found to be knowledgeable about and supportive of breastfeeding. Send additions to nikki.lee@phila.gov

Pediatric Allergist

Marc Cotler MD

610-642-3884 (Wynnewood, PA)

Breast Surgeon:

Dahlia M. Sataloff MD

215-829-8461, Philadelphia, PA 19146
(speaks Yiddish and French)

Donna Angotti MD

215-657-5786
215-346-4283 (Abington, PA)

Marcia Boraas MD

215-662-7900 (Philadelphia, PA)

Julia Tchou MD

800-789-7366 (Philadelphia, PA)

Jennifer Sabol MD

610-642-1908 (Wynnewood, PA)

Will evaluate and treat frenulums:

Roshani Anandappa MD, FAAP

215-545-8188
Society Hill Pediatrics, Philadelphia 19107

Dr. Elden

610-337-3232

Albert LaTorre DDS

215-491-0502 (Warrington, PA)

Daniel May MD

610-594-6440

B. Davidson Smith MD

610-896-6800
ENT, Lankenau Hospital
Exton, Pa

Penny Soppas MD, IBCLC

610-623-9080 ext 151
Drexel Hill Pediatric Associates
Drexel Hill, PA 19026

Acupuncture/Herbalists/Homeopathy

Linda Baker MD, CCH

610-567-3520

Pediatrician,herbalist,homeopath

www.WellspringHomeopathicCare.com

Cara Frank R. OM

215-772-0770

www.carafrank.com

South Philadelphia

Ching-Yao Shi Dipl.OM/Lic. Acu

215-751-9833
Center City, Philadelphia

Adriane Dourte R.O.M.

484-319-7700
Offices in Manayunk and Media

Ameet Ravital DiHom, PhD 215-774-1166

Homeopath

Philadelphia, PA 19130
Offices in Manayunk and Media

Drugs whose effect on Breastfeeding Infants are Unknown and May be of Concern

(Infant blood levels may be monitored.)

Demerol and Prozac (meperidine and fluoxetine)

Metabolic by-products are bio-active.

Flagyl (metronidazole) one-time 2 gram dose,
pump and dump for 12 to 24 hours

SSRI (Celexa, Luvox, Paxil, Prozac, Zoloft)

Valium (Diazepam).

Birth Control

Non-hormonal methods and drug-store methods are compatible and preferred.
(Only condoms protect against STDs)

Hormonal methods (Depo-Provera™, Low-dose Mini-pill, Mirena)

According to manufacturer's recommendations, hormonal methods should NOT be started until 6 weeks postpartum (when a full milk supply has been established) as they may have a negative impact on milk supply.

Caution with using Depo-Provera™. Some studies show that Latinas with gestational diabetes may have a increased risk of diabetes if Depo-Provera™ is used. Other studies show that teens that use Depo-Provera™ for more than 2 years may have a potential for reduced bone mineral density.

Anesthesia

If the mother has recovered from anesthesia, the infant may be breastfed safely as the anesthetic agent has been metabolized enough that the baby will not be exposed.

If a baby needs surgery, breastfeeding may continue until 2 hours before surgery and resume as soon as the infant can tolerate anything by mouth.

(Brady M, Kinn S, O'Rourke K, Randhawa N, Stuart P. Preoperative fasting for preventing perioperative complications in children.

Cochrane Database of Systematic Reviews 2005, Issue 2)

See the Academy of Breastfeeding Medicine's Protocol #15
'Analgesia and Anesthesia for the Breastfeeding Mother'
www.bfmed.org

Montgomery County

215-481-6800

(Choose option one—childbirth classes)

Childbirth Education Department

Abington Memorial Hospital

Offered 3 times each month. 2-1/2 hour class

(registration required plus \$25) Dad & grandparents free!

1-866-CALL-MLH (MainLine Health)

Beth Ricci, manager, perinatal education classes

Lankenau Hospital

Bryn Mawr Hospital

Paoli Hospital

Prenatal breastfeeding classes are held monthly from 7-9 PM. Support persons are encouraged to attend. \$35/couple Call 1-866-CALL-MLH for information.

610-270-2271

Peggy Weimar, RNC, CCE, IBCLC

Clinical Manager, Maternal & Newborn Services

Montgomery Hospital Medical Center

1301 Powell Street, 3rd Floor Maternity

Norristown, PA 19401

email: MWeimar@mont-hosp.com

Breastfeeding classes are held every eight weeks. Cost is \$10.00 for a 2 1/2 hour class.

610-278-2881

Mercy Suburban General Hospital

2701 DeKalb Pike

Norristown, PA 19401

1-800-818-4747

Holy Redeemer Hospital

1648 Huntingdon Pike

Meadowbrook, PA 19046

Breastfeeding class offered 1st Tuesday of every month, 7:30-9:30 pm

\$20 per family

215-361-4659

Breastfeeding Classes

Jeanne Voorhees and Lea Courchain

Central Montgomery Medical Center

(North Penn Hospital)

Perinatal Education Department

100 Medical Campus Drive

Lansdale, PA 19446

Part I - Provides practical guidelines on the benefits of breastfeeding as well as techniques and positioning.

Part II - Addresses techniques for the collection and storage of breast milk. A variety of breast pumps will be demonstrated.

\$10/couple/class

Registration Required.

1-877-483-6852

www.MothertoMothersupport.com

Ursela R. Morton, CLC, CCE, CE (DONA)

Lansdale, PA 19446

Group classes as well as individual classes for pregnant women on bed rest.

610-327-7213

Debra Werner, RN, CLC Pottstown Memorial Medical Center

1600 E. High Street

Pottstown, PA 19464

A free breastfeeding class is offered once every month. 6:30-9:00 PM

215-674-8202

Judy Crouthamel, RNC, BSN, IBCLC

Hatboro, PA 19040

Chester County

610-738-2581

Chester County Hospital

701 East Marshall Street

West Chester, PA 19380

Contact Sue Bechhold

610-983-1295

Cathy Kandler, RN, IBCLC

Phoenixville Hospital

140 Nutt Road

Phoenixville, PA 19460

A breastfeeding class is offered every six weeks. \$15

610-869-1000

Jennersville Regional Hospital, Jennersville PA

Contact Health & Wellness Programs Office

610-869-9622

Southern Chester County YMCA

Class held once every 8 weeks

610-644-1379

NewBorn Concepts

www.newbornconcepts.com

Antihypertensive

Aldomet (Methyldopa)

May suppress milk production

Apresoline (Hydralazine)

Observe infant for hypotension, sedation, and weakness.

Inderal (Propranolol)

Observe infant for decreased breathing, low blood sugar, and weakness.

Trandate or Normodyne (Labetalol)

Observe infant for hypotension, apnea, and bradycardia.

Procardia (Nifedipine)

Anti-inflammatory

Advil, Motrin, Nuprin (Ibuprofen)

Naproxen (Naprosyn)

Bronchodilator

Aminophylline (Theophylline)

Not contraindicated, but may cause irritability in the nursing infant.

Brethine (Terbutaline)

Proventil, Ventolin (Albuterol)

Cardiac Glycoside

Digoxin

Thyroid Supplement

Synthroid (Levothyroxine)

Propylthiouracil (PTU)

Insufficient data for doses over 450 mg daily.

Monitor infant's blood count)

Laxatives (Short term use is okay)

Colace

Dulcolax (Bisacodyl)

Metamucil

Peri-Colace

Senokot (Senna)

Surfak (Docusate Calcium)

Short term or occasional use of the following medications is OK. These medications may be a concern for breastfeeding babies when used for prolonged therapy.

Aspirin** Ibuprofen is preferred.

Methergine

Phenobarbital** Observe the infant for sedation, and measure serum levels in the infant

Prednisone

Reglan (Metaclopramide) Side effects can include tardive dyskinesia and postpartum depression.

** Drugs that have been associated with significant effects on some nursing infants.

15. Maternal Medications Used in the Early Postpartum and Their Effect on the Breastfeeding Infant

If a woman needs one of these medications, it is usually compatible with breastfeeding.

*Analgesic (*with narcotic) [See Anti-inflammatory]*
Darvocet (Propoxyphene)*
Methadone*
Morphine*
Percocet (Acetaminophen and Oxycodone)*
Tylenol (Acetaminophen), Tylenol with Codeine*
Ibuprofen (Advil, Motrin)

*If use continues after hospital discharge, monitor baby for sedation and weight gain.

Antacids
Pepcid (Famotidine)
Tagamet (Cimetidine)
Zantac

Antimicrobial
Amoxicillin
Ampicillin
Ancef, Kefzol (Cefazolin)
Diflucan (Fluconazole)
Flagyl (Metronidazole)
Gentamicin
Keflex (Cephalexin)
Unasyn (ampicillin + Sulbactam)
Zithromax (Azithromycin)

Anticoagulant
Coumadin (Warfarin)
Heparin

Anticonvulsant
Dilantin (Phenytoin)
Magnesium Sulfate
Antiflatulent
Simethicone

Antihistamine
Allegra (Fexofenadine)
Benadryl (Diphenhydramine)
Claritin (Loratadine)
Zyrtec (Cetirizine)
(some women report a lowered milk supply)

Delaware County

610-447-2084
Crozer-Chester Medical Center
Kay Isola <kay.isola@crozer.org>
Upland, PA 19013
Fee \$20

610-891-3759
Riddle Memorial Hospital
Judy Schott, RN, CES, CBC
Class offered once monthly
Fee \$25

Bucks County

215-345-2200
Doylestown Hospital
595 West State Street
Doylestown, PA 18901
Prenatal classes. Call to register; there is a fee for the class.

215-453-4594
Phyllis Young, RN, ICCE, IBCLC
Grand View Hospital
700 Lawn Avenue
Sellersville, PA 18960
Fourth week of each month alternating Monday and Tuesday evenings. 7-9pm
\$15 in community room.
Returning to work class 4 times/year. \$7

215-710-5988
St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047
First Monday of the month 7:30-9:30
\$10, Pre-registration is required.

215-674-8202
Judy Crouthamel, RNC, BSN, IBCLC
Hatboro, PA 19040

Lehigh County

610-402-2273
Lehigh Valley Hospital
Cedar Crest & I-78
Allentown, PA 18015
Call to register. There is a fee for the class.

4. Hospital-Based Lactation Consultants/ Counselors

Hospital-based lactation professionals assist mothers and babies when they are in the hospital. Some are available by phone after the mother has left the hospital or provide consultation at the hospital after hospital discharge. Hospital-based lactation professionals provide free service and counseling only for patients delivering at that particular hospital.

Philadelphia County

215-456-6640
Madeline Friith LPN
Albert Einstein Medical Center
5501 Old York Road
Philadelphia, PA 19141

215-590-4442
Margaret D'Andrea, RN, IBCLC
Rachelle Lessen, MS, RD, IBCLC
Diane Spatz, PhD, RNC
Georgette Bartell, RN, BSN, IBCLC
Children's Hospital of Philadelphia
34th & Civic Center Blvd.
Philadelphia, PA 19104

215-762-3908
215-688-8061 (cell)
Sabrina Raheem, CLC
Hahnemann University Hospital
Broad and Vine Streets
Philadelphia 19102

215-662-2361 (Warmline)
Bonnie Higgins-Esplund, BSN, RNC, IBCLC
Virginia Flego, RN, LNS, IBCLC
Lori Carpenter IBCLC
Jennifer Peterman, BSN, RN, IBCLC
Reginauld Chacko IBCLC
Hospital of the University of Pennsylvania
3400 Spruce St, Maternity
Philadelphia, PA 19104

215-829-5046
Debi Page Ferrarello, RN, MS, IBCLC, Director
Tammy Arbeter, IBCLC
Georgette Bartell, RN, BSN, IBCLC
Linda Derbyshire, IBCLC
Tammy Doyle, RN, IBCLC
Susan Gerhardt IBCLC
Carol Grieb RN, IBCLC
Donna More, RN, IBCLC

14. Drug Information Centers: For Healthcare Professionals ONLY

LactMed (drug database)
<http://toxnet.nlm.nih.gov/cgi-bin/sishtmlgen?LACT>

**The Lactation Center at the
University of Rochester Medical Center**
585-275-0088

Medications & Mothers' Milk: A Manual of Lactational Pharmacology
(paperback)
By Thomas W. Hale, PhD
Fabulous reference book, updated every two years

Breastfeeding and the Use of Human Milk
(Policy statement)
PEDIATRICS Vol.115 No. 2 February 2005, pp. 496-506
(doi: 10.1542/peds.2004-2491)
<http://aappolicy.aapublications.org/cgi/content/full/pediatrics;115/2/496>

13. Safe sources of donor human milk

Human Milk Bank Association of North America

www.hmbana.org

(This professional association for milk banks in Canada, Mexico and the U.S., sets standards and guidelines for donor milk banking.)

The Mothers' Milk Bank of Ohio

Grant Medical Center @
Victorian Village Health Center
1087 Dennison Avenue
Columbus, OH 43201

614-544-0810

614-544-0812 Fax

gmorrow@ohiohealth.com

WakeMed Mother's Milk & Lactation Center

3000 New Bern Avenue
Raleigh, NC 27610

919-350-8599

suevans@wakemed.org

www.wakemed.com/body.cfm?id=135

Children's Hospital of Philadelphia started to provide donor human milk for their babies in 2005.

www.prolacta.com

A source of human milk for babies in the NICU:

1. ProlactPlus H²MF – a liquid human milk fortifier made from 100% human milk:
 - Prolact+4 (4 Kcal/oz)
 - Prolact+6 (6 Kcal/oz)
 - Prolact+8 (8 Kcal/oz)
 - Prolact+10 (10 Kcal/oz)
2. Neo-20 – non-mineralized whole milk
3. Prolact-20 – whole milk formulation (20 Kcal/oz)

To Donate Milk:

- (a) contact a milk bank
- (b) contact milk bank at Capital Health System (a collecting site for Prolacta Bioscience)
609-394-4163
www.milkbanking.net

Lisa Broderick Cohen, post-internship counselor
Pennsylvania Hospital
Lactation Center, South Gatehouse
800 Spruce Street
Philadelphia, PA 19107
PA Hosp Breastfeeding Warmline 215-829-3644

215-955-6665

Fern Bernstein, BSN, IBCLC
Helen Costa, RN, IBCLC
Betty Anne Hedges, BSN, IBCLC
Joanne Walko, RN, BSN
Thomas Jefferson University Hospital
1225 B Pavilion Building
117 South 11th Street
Philadelphia, PA 19107-4998

Bucks County

215-345-2864

Lyn L. McNair, RNC, IBCLC
Jean Kraus, RN, IBCLC
Cindy Jarrett, RN, IBCLC
Judi Lauwers, BA, IBCLC
Doylestown Hospital
595 West State Street
Doylestown, PA 18901

215-453-4594

Phyllis Young RN, ICCE, IBCLC
Grand View Hospital
700 Lawn Avenue
Sellersville, PA 18960

pyoung@gvh.org

215-710-5988

Lisa Petrino, RN, BSN, IBCLC
Elizabeth Beloff, RN, IBCLC
St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047

Chester County

610-738-2582

Carol Allison RN, IBCLC
Robin Frees BA, IBCLC
Michele Quigley RN, BSN, IBCLC mquigley@cchosp.com
Elizabeth Loeper, RN, MSN, IBCLC
Amy Siegrist BS, IBCLC
The Chester County Hospital
701 E. Marshall Street
West Chester, PA 19380

610-983-1250
Cathy Kandler, RN, IBCLC
Phoenixville Hospital
140 Nutt Road
Phoenixville, PA 19460

610-648-1515 fax 610-648-1679
Lisa Mandell, MBA, IBCLC
Beth Ricci, RN, BSN, IBCLC riccie@mlhs.org
Donna Sinnott, BBA, IBCLC
Paoli Hospital
255 W. Lancaster Ave.
Paoli, PA 19301

Delaware County

610-525-6086
Patty Siegrist, RN, IBCLC
The Birth Center
918 County Line Road
Bryn Mawr, PA 19010

215-512-0075 (cell)
610-394-4796 (warmline)
Linda Ivker RN, BSN, CLC
Delaware County Memorial Hospital
501 North Lansdowne Avenue
Drexel Hill, PA 19026

610-891-3254
Kay Hoover M.Ed., IBCLC
Riddle Memorial Hospital
1068 W. Baltimore Pike
Media, PA 19063

Lehigh County

610-402-2273
Beth Lushner-Fiovento RNC, BSN, IBCLC
Jolie Maehrer RN, BSN, IBCLC
Jeanne Schevets RN, BSN, IBCLC
Lehigh Valley Hospital
Cedar Crest & I-78
Allentown, PA 18015

610-250-4939
Estelle Leopold RN, IBCLC, CCE
Easton Hospital
250 South 21st Street
Easton, PA 18042

610-770-8654
Patti Hari RN, IBCLC

St. Luke's Allentown
1736 Hamilton Street
Allentown, PA 18104

610-954-1355
Toni Prelovsky RN, MSN, IBCLC
Vicky Geiger RN, BSN, IBCLC
Cathy Waltemeyer RNC, IBCLC
Chris Erland RN, IBCLC

St. Luke's Bethlehem
801 Ostrum Street
Bethlehem, PA 18015

Childbirth Connection (formerly Maternity Center Association)
Free downloads, including the Milbank Report and the Listening to Mothers survey <www.childbirthconnection.org>

The Cochrane Collaboration
www.cochrane.org
Premier source of global meta-analyses

Human Lactation Research Group, University of Western Australia
www.kemh.health.wa.gov.au/development/research/breastfeeding.htm

Perinatal Statistics from the March of Dimes (Pennsylvania)
www.marchofdimes.com/peristats/alldata.aspx?reg=42&dv+cr

PubMed (articles)
www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed

S.O.F.T.
www.llu.edu/llumc/psn/soft.html
Skin to skin, Open eyes, Fingertip touch, Time together = a hospital practice that increases breastfeeding initiation

Videos for Teaching available on the Web

Initiation of Breastfeeding
<http://breastcrawl.org/video.htm>

Useful video clips by Jack Newman, MD
www.drjacknewman.com
Includes Reverse Pressure Softening, cup feeding, vasospasm, lactation aides, compression, and latching.

Hand Expression of Human Milk
<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

Women with large breasts

Nursing Tips
www.breastfeedingbasics.com/html/Large_Breasted_tips

Bras www.decentexposures.com
www.harrietsinnerwear.com
www.motherwear.com

Workplace Breastfeeding Support Programs:
www.babiesatwork.org

The Business Case for Breastfeeding
<http://ask.hrsa.gov/detail.cfm?PubID=MCH00250%recommended=1>

FMLA information
www.law.georgetown.edu/workplaceflexibility2010/law/fmlaFiles/fmla_DataPoints.pdf

www.workandpump.com
"Internet home for information about breastfeeding for working moms."

WIC/Food & Nutrition Services
<http://www.fns.usda.gov/wic/>

Montgomery County

Philadelphia/Pennsylvania Resources

Maternity Care Coalition

www.momobile.org/breastfeeding

Philadelphia Department of Public Health

www.phila.gov/health/units/mcfh/index.html

Pennsylvania Breastfeeding Coalition

www.pabreastfeeding.org

Pennsylvania Breastfeeding Program

www.health.state.pa.us/breastfeeding

Postpartum Depression

Dr. Katherine-Kendall Tackett

www.granitescientific.com

Postpartum Depression Support Network

Information and referrals: 215 481 4104

Medical Organizations and Billing

Academy of Breastfeeding Medicine (ABM)

www.bfmed.org

American Academy of Pediatrics (AAP)

www.aap.org/breastfeeding

Billing Codes: www.icd9coding1.com/flashcode/home.jsp

Premature Infants

10 steps for breastfeeding premies

www.med.umich.edu/nursing/holden/lactationpremie.htm

California Perinatal Quality Care Collaborative

www.cpqcc.org/quality_improvement/qi_toolkits/nutritional_support_of_the_vlbw_infant_rev_december_2008

(nutritional support of the very low birth weight infant)

Research Publications and Sites:

Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries"

www.ahrq.gov/clinic/tp/brfouttp.htm

215-481-6104 Warmline

Laura Caso, RN, IBCLC

Mara Brand, RNC, IBCLC (mara.brand@yahoo.com)

Beverly DeSimone RN, BSN, IBCLC

Kathy Szkromiuk, LPN, IBCLC

Abington Memorial Hospital

1200 Old York Road

Abington, PA 19001

610-645-2336 fax 610-526-8151

Terry Sanborn, RN, BS, IBCLC

Mickey Kent RN, BSN, IBCLC

Gerri Wismer RN, NCBF

Bryn Mawr Hospital

Lankenau Hospital

130 S. Bryn Mawr Avenue

Bryn Mawr, PA 19010

215-938-2923

9 consultants and counselors as of 11/08

Holy Redeemer Hospital

1648 Huntingdon Pike

Meadowbrook, PA 19046

610-270-2271

Peggy Weimar, RNC, CCE, IBCLC

Clinical Manager, Maternal & Newborn Services

Montgomery Hospital

1301 Powell Street

3rd Floor Maternity

Norristown, PA 19401

MWeimar@mont-hosp.com

5. Lactation Consultant/Counselor Services
(fee for service) (P) means Pump Rentals

Insurance Companies that pay for at least one well mother/well baby nurse visit:

- Personal Choice/Blue Cross 1-800-598-BABY
- Keystone Mercy Health plan (gives 2 visits)
- Health Partners
- Americhoice
- Medical Assistance
- Keystone Health plan East
- Aetna (if medically necessary)

Lactation consultant home visits (call case manager to be certain):

- Personal Choice will give \$100 voucher for a visit
- Keystone Healthplan East will give \$100 voucher for a visit

Find a local Lactation Consultant: www.pro-lc.org

OFFICE APPOINTMENTS ONLY

215-590-4442	610-623-9080
Rachelle Lessen, MS, RD, IBCLC (P)	Penny Soppas MD, IBCLC
lessen@email.chop.edu	<i>Drexel Hill Pediatrics</i>
<i>Children's Hospital of Philadelphia</i>	Drexel Hill, PA 19026
Wood Building	<i>Breastfeeding Help Center (P)</i>
Out-Patient Lactation Center	215-757-6006
34th & Civic Center Blvd.	Susan Slear RN, CCE, IBCLC
Philadelphia, PA 19104	Langhorne, PA 19047

215-886-2433 (P)	Outpatient Lactation Services
Breastfeeding Resource Center	<i>Paoli Hospital</i>
Colette Acker, BS, IBCLC	610-560-8075
Janice McPhelin IBCLC	
117 N. Easton Road	610-892-5051 (P)
Glenside, PA 19038	<i>BirthMark</i>
www.breastfeedingresourcecenter.org	Jackie Kelleher, CLC
(Sliding scale)	Media, PA

215-453-4591	610-644-1379 (P)
<i>Phyllis Young, RN, CCE, IBCLC</i>	Robin Frees, BA, IBCLC
Sellersville, PA 18960	Amy Siegrist, BS, IBCLC
	www.newbornconcepts.com

Amazing Newborn (P)
 4039 Skippack Pike
 Skippack, PA 19474
 610-584-6111

International Organizations

UNICEF - United Nations Children's Fund www.unicef.org

Wellstart International www.wellstart.org

World Health Organization (WHO)
www.who.int/topics/breastfeeding/en/

Materials in Other Languages

Baby-Friendly UK www.babyfriendly.org.uk/parents/byb.asp
 (Arabic, Bengali, Chinese, Gujarti, French, Hindi, Mirpuri, Portugese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese)

Breastfeeding Taskforce of Greater Los Angeles (Spanish)
www.breastfeedingtaskforla.org/resources/forparents/flyersbrochures.htm

Culture Clues (tip sheets about other cultures)
<http://depts.washington.edu/pfes/cultureclues.htm>

www. Ethnomed.org "Integrating cultural information into clinical practice."

Massachusetts Breastfeeding Coalition <http://massbfc.org>

Philadelphia Department of Public Health
www.phila.gov/health/units/mcfh/bf.html
 Handouts available: Albanian, Arabic, Chinese, English, French, Haitian Creole, Hindi, Khmer/Cambodian, Korean, Lao, Portuguese, Russian, Spanish, Vietnamese.

National Organizations

Baby-Friendly Hospital Initiative, USA
www.babyfriendlyusa.org

Centers for Disease Control and prevention (CDC)
www.cdc.gov/breastfeeding

Department of Health and Human Services
www.womenshealth.gov/breastfeeding

Healthy People 2020
www.healthypeople.gov/HP2020

United States Breastfeeding Committee
www.usbreastfeeding.org

Doulas of North America
www.dona.org

International Childbirth Education Association
www.icea.org

Lamaze International, Inc.
www.lamaze.org

Formula

The Cornucopia Institute
<http://www.cornucopia.org/?s=Infant+formula&x=43&y=14>

Chemical Pollution and Human Milk
www.nrdc.org/breastmilk/default.asp

FDA regulation of formula
www.cfsan.fda.gov/~dms/inf-regu.html

HHS Toned Down Breast-feeding Ads
www.washingtonpost.com/wp-dyn/content/article/2007/08/30/AR2007083002198.html

Voldemort and Health Professional Knowledge of Breastfeeding
http://www.acerh.edu.au/publications/ACERH_WP4.pdf

Growth Charts

Center for Disease Control
www.cdc.gov/growthcharts

The World Health Organization
<http://www.who.int/childgrowth/standards/en/>

On-Line Education

Maternal-Child Health, Union Institute and University
Lactation Consulting, BS
www.myunion.edu/academics/bachelor-of-science/maternal-child-health/index.html

Lactation Consulting, MA
www.myunion.edu/academics/master-of-arts/health.html

HOME VISITS

Practitioners that travel to more than one county:

610-444-4073
Suzanne Barton IBCLC

Chester, Delaware & Wilmington

610-308-6925
Johanna Berger MSW, IBCLC
bdormont@juno.com

*Main Line, Philadelphia, Delaware
Bala Cynwyd, 19004*

215-836-9088
Liz Brooks JD, IBCLC

*Philadelphia, Montgomery
Wyndmoor, PA 19038*

215-674-8202
Judy Crouthamel RNC, BSN, IBCLC
www.breastfeedingalliance.com

*Bucks, Montgomery, NE Phila
Hatboro, 19040*

610-446-0184, 610-316-9157
Linda Derbyshire, IBCLC

*Delaware, Main Line, Philadelphia
lindaderby@verizon.net*

215-385-4657
Hope Allyson Dwiggin MLS, IBCLC

*Bucks and Montgomery
HADwigginIBCLC@gmail.com*

267-226-4884
Marlene Gawarkiewicz IBCLC

*Philadelphia, Main Line
www.marleneglc.com*

267-456-2129
Carrie Kimball RN (Sliding scale)

Philadelphia, Montgomery

215-635-6477
www.breastfeedingalwaysbest.com
Nikki Lee, RN, MS, IBCLC, CCE, CIMI

*Philadelphia, Montgomery, Bucks
Craniosacral Therapy
Elkins Park 19027*

610-551-9830 (P)
Elizabeth Larkin, IBCLC, CD (DONA)

*Philadelphia, Chester,
Delaware, Montgomery*

610-399-3535 (P)
Angela Leonard IBCLC, LCCE, CD (DONA)
AGentleStart@comcast.net

*Chester, Delaware, N. Wilmington
West Chester, PA*

610-517-9552
Lisa Mandell MBA, IBCLC
www.best4both.com

*Delaware, Main Line, Philadelphia
Havertown, PA 19083*

877-483-6852 (P)
Ursela Morton CLC, CCE, CD (DONA)
www.mothersupport.com

*Bucks, Berks, Chester, Delaware,
Montgomery, Philadelphia
mothersupport@earthlink.net*

610-644-1379 (P)
Newborn Concepts
Robin Frees BA, IBCLC
Amy Siegrist BS, IBCLC
www.newbornconcepts.com

Main Line, 422 Corridor, Chester

484-919-1027 (P)
Amy Siegrist BS, IBCLC

Main Line and 422 Corridor
King of Prussia

215-757-6006 (P)
Susan Ann Slear RN, CCE, IBCLC, HBBI
www.BreastfeedingHelpCenter.com

Lower Bucks, Eastern
Montgomery, NE Philadelphia
(cell) 267 231-9442

610-873-7496
Wee Care (P)

Chester, Route 100 Corridor

267-342-1354
Geri Remy, IBCLC

Bucks, Montgomery
Blooming Glen, PA 1891

Philadelphia County

See listing HOME VISITS: PRACTITIONERS THAT TRAVEL TO MORE THAN ONE COUNTY

Bucks County

See listing HOME VISITS: PRACTITIONERS THAT TRAVEL TO MORE THAN ONE COUNTY

215-491-0502 (P)
Cathy La Torre, RDH, IBCLC
Warrington, PA 18976

267-994-4513 (P)
Lisa Petrino, RN, BSN, IBCLC
Petrino6@comcast.net
Yardley, PA 19067

215-295-0158 (P)
Debra Manella, RN, IBCLC
Morrisville, PA 19067

215-453-4594
Phyllis Young
Sellersville, PA

Chester County

See listing HOME VISITS: PRACTITIONERS THAT TRAVEL TO MORE THAN ONE COUNTY

610-696-6511 or 610-517-7840
liljamiern@yahoo.com

Germaine Weaver, RN, IBCLC
Neighborhood Visiting Nurses
West Chester, PA 19380

610-873-7496
Beth Ricci, RN, BSN, IBCLC
Downingtown, PA 19335

610-399-3535 (P)
www.agentlestart.com
Angela Leonard, IBCLC, LCCE,
CD(DONA)
West Chester, PA 19382

484-345-8502
Tyml6@aol.com
Elizabeth Loeper, RNC, MSN, IBCLC
West Chester, PA 19382

Delaware County

See listing HOME VISITS: PRACTITIONERS THAT TRAVEL TO MORE THAN ONE COUNTY

610-526-3262
Johnie Sue McGlinchey, RN, IBCLC
Carol Allison, RN, IBCLC
Jefferson Home Health
Gerhard Building
Bryn Mawr, PA 19010

610-892-5051 (P)
Jackie Kelleher CLC

Breastfeeding Help Sites

Lactnet (listserv for lactation professionals and breastfeeding helpers only)
Google search for "LACTNET"

Five privately run sites

www.breastfeeding.com
www.kellymom.com
www.bflrc.com
http://blacktating.blogspot.com (African-American perspective)
http://newborns.stanford.edu/Breastfeeding/

Childbirth and Doula Organizations

Association of Labor Assistants and Childbirth Educators

www.alace.org

Birthing From Within www.birthingfromwithin.org

BirthWorks www.birthworks.org

Childbirth and Postpartum Professional Association www.cappa.net

Coalition to Improve Maternity Services (CIMS)

Home of information about the Mother-Friendly Hospital Initiative
www.motherfriendly.org

Doulas of North America www.dona.org

ICAN of Southeastern Pennsylvania

International Cesarean Awareness Network

Amy Borrelli 484-459-0618 icanofsepa@gmail.com
Jennifer Mossholder 610-529-3249 icanofsepa@gmail.com

International Childbirth Education Association www.icea.org

Lamaze International, Inc. www.lamaze.org

Philadelphia Alliance for Labor Support

http://dolphin.upenn.edu/~doulas
(non-profit organization provides free doulas)

Diaper Services

www.phillydiaperservice.com
www.babyschoicediapers.com

12. Websites for Breastfeeding & Related Resources

The Internet is a constantly expanding resource. Type the relevant phrase into a search engine, such as www.Google.com. There are many more sites on any given topic than are listed here.

Advocacy and Political Action

www.bestforbabes.org

Ban the Formula Discharge Bags www.banthebags.org

National Alliance for Breastfeeding Advocacy
www.naba-breastfeeding.org

World Alliance for Breastfeeding Action www.waba.org.my

U.S. Representative Carolyn Maloney
www.house.gov/maloney/issues/breastfeeding
(Rep. Maloney is active in the House of Representatives, introducing legislation to protect breastfeeding. The latest is H.R. 2819, the 'Breastfeeding Promotion Act of 2009'.)

Philadelphia Commission on Human Relations 215-686-4670
(Breastfeeding outside the home is legal in Philadelphia, call the Commission to file a complaint if anyone tries to stop you.)

Books, AV materials, videos, brochures

Childbirth Graphics/WRS Group
www.childbirthgraphics.com

Hale Publishing www.ibreastfeeding.com

Kay Hoover and Barbara Wilson-Clay www.lactnews.com

Low-cost Videos in English and Spanish
www.dshs.state.tx.us/wichd/bf/videos.shtm

Breastfeeding/Lactation Organizations

(Offer or link to certification, courses, educational materials and conferences)

Healthy Children www.healthychildren.cc

International Board of Lactation Consultant Examiners
www.iblce.org

International Lactation Consultant Association www.ilca.org

La Leche League International (LLLI) www.llli.org

BirthMark
107 S. Monroe Street
Media, PA 19063

dbsibclc@aol.com
Donna Sinnott, BBA, IBCLC
Wayne, PA 19087

Montgomery County

See listing HOME VISITS: PRACTITIONERS THAT TRAVEL TO MORE THAN ONE COUNTY

610-539-4476 (P)
ddisandro@comcast.net
Diane DiSandro, BA, IBCLC
Audubon, PA 19403

215-752-3806
Vanessa Hahn, RNC, IBCLC
Hulmeville, PA 19047

610-409-5634
donna.eirich@live.com
Donna Eirich CLC, CD & PCD
(DONA)

610-667-1588
www.mainlinenutrition.com
Gordana Chelsvig MA, RD, IBCLC
Main Line Nutrition Services
450 N. Narberth Avenue, Suite 108
Narberth, Pa. 19072

610-327-7213 (P)
Debra Werner, RN, CLC
Breastfeeding Clinic
Pottstown Memorial Medical Center
Pottstown, PA

Berks County

See listing HOME VISITS: PRACTITIONERS THAT TRAVEL TO MORE THAN ONE COUNTY

717-531-3754
Phillyhost2002@yahoo.com
Karen Campbell, RN, IBCLC
Womelsdorf, PA 19567

6. New Jersey & Delaware Lactation Services

New Jersey

800-942-1911 (from south Jersey only)
SNJPC WIC Breastfeeding Support Line

856-582-3098
Kennedy Health System
Dawn Swiderski RN, IBCLC
Turnersville, NJ 08012

856-727-5042, 43
Fashionslave1@aol.com
Lisa Cohen
Moorestown, NJ 08057

Pat Young, RN, APNC, IBCLC
609-348-4813
(Atlantic County)

Emi Chiusano, MD, IBCLC
856-596-9050
Family Physician
(Burlington County)

Lori Feldman-Winter, MD, IBCLC, FAAP, FABM
Pediatrician
856-968-9576
3 Cooper Plaza, Suite 520
Camden NJ 08103

Marie McGowan, RN, IBCLC
Rainbow Pediatrics
(Cape May County)
609-624-9003

Amy Kotler, MD, FAAP, IBCLC (speaks Russian and Spanish)
drkotler@doverpeds.com
AAP NJ Breastfeeding and Nutrition Committee Chair
Dover Pediatrics, Doctors Park
369 W. Blackwell Street
Dover, NJ 07801
973-328-8300

A woman has had gastric bypass surgery (she needs to keep taking her post-bypass vitamin supplements, prenatal vitamins may not be enough)

Handling Human Milk:

From www.cdc.gov/breastfeeding/disease/hiv.htm (2008)

"Are special precautions needed for handling human milk?"

"No special precautions exist for handling expressed human milk, nor does the milk require special labeling. It is **not** considered a biohazard. The Universal Precautions to prevent the transmission of HIV, Hepatitis B virus and other bloodborne pathogens to not apply to human milk."

Traveling with Human Milk:

From <http://www.tsa.gov/travelers/airtravel/children/formula.shtm> (2009)

"Electric breast pumps are considered personal items" and should be stowed the same way as a purse, backpack, or laptop computer.

"When traveling with or without your infant or toddler, in the absence of suspicious activity or items, greater than 3 ounces of baby formula, breast milk, or juice are permitted through the security checkpoint in reasonable quantities for the duration of your itinerary, if you perform the following:

1. Separate these items from the liquids, gels, and aerosols in your quart-size and zip-top bag.
2. Declare you have the items to one of our Security Officers at the security checkpoint.
3. Present these items for additional inspection once reaching the X-ray. These items are subject to additional screening"

Contaminants in Human Milk:

From: [Environmental Health Perspectives Volume 110, Number 6, June 2002](#)

"Current scientific evidence does not support altering WHO's global public health recommendation of exclusive breast-feeding for 6 months followed by safe and appropriate complementary foods, with continued breast-feeding, up to 2 years of age or beyond."

Also see: www.ilca.org/pubs/EnvironContPP.pdf

www.cdc.gov/niosh/topics/ABLES/pdfs/CSTE_2007_Fagan.pdf

"Lead in breast milk is much lower than in blood; thus the benefits of breastfeeding generally outweigh the risks."

"Exposure to lead in utero may be the most devastating to a child's development. Recommend BLL < 5 mcg/dl for pregnant women and women considering pregnancy."

Red Flag when Breastfeeding

Breastfeeding is a confidence game; whatever the situation, tell the mother to keep the baby close and nurse on cue (8-15 times/ 24 hours) in the first weeks, and bring baby for weekly weight checks until it is clear that breastfeeding is going well and baby is gaining appropriately.

Women in the following situations *sometimes* do not produce a full milk supply; therefore, their babies need to be followed with frequent weight checks until the baby gains weight consistently:

- Women who have had infertility problems
- Women who do not experience breast changes during pregnancy and during the first postpartum week
- Women who have had breast surgery
- Women who have asymmetrical breasts
- Women who have hypertension
- Women who are using hormonal birth control.

Surgery and Breastfeeding

Babies and children may breastfeed until two hours before surgery. Human milk is considered a clear fluid.

www.cochrane.org/reviews/en/ab005285.html (2008)

After a woman has had surgery she may breastfeed when she is alert enough to safely hold the baby. At that point enough of the anesthesia is out of her body that it is safe to breastfeed.

Yes, it is all right to breastfeed when:

A baby has a cleft lip or palate
A baby is jaundiced
A baby has diarrhea or otherwise ill
A baby is two, three, four years old or older
A baby has PKU or Duarte's galactosemia (with medical supervision, the baby can breastfeed and be fed a special formula)

A mother is nursing 1, 2 or 3 other children
A woman is pregnant
A woman has twins, triplets, or quadruplets (or as many as seven!)
A woman is a teenager or post-menopausal
A woman needs a mammogram
A woman needs to have breast surgery
A woman has had breast surgery
A woman is adopting a baby (even if she has never been pregnant)
A woman has a breast infection
A woman has toxoplasmosis, Lyme disease or West Nile Virus
A woman has had cancer and is recovered
A woman has had an organ transplant

Private Practice Lactation Consultants

Kim Johnson, RN, BSN, IBCLC
(856) 273-1832
(Burlington County)

Connie Gleckler, IBCLC
856-795-8554
(Camden County)

Elizabeth Corcoran, RN, IBCLC
Audubon, NJ 08106
609-314-8611
ecorc32@aol.com
(Camden County)

La Leche League in New Jersey
www.LaLecheLeagueNJ.org

Karen Kurtz IBCLC
856-582-2238
www.BreastfeedingSuccessNJ.com
(Camden, Cumberland, Gloucester,
and Salem counties)

Suzi Ryan, IBCLC
856- 697-6425
(Gloucester County)

Anne Maria Wilson, RN, IBCLC, RLC
Anne's Breastfeeding Consultants, LLC
609 458-6876
(Gloucester County)

Delaware

302-733-3360
Lactation Services
Christiana Hospital, Newark

302-856-9639
Nancy Hastings RN, IBCLC
Beebe Medical Center, Lewes, DE

302-235-5678
Tracy Stadter RN, IBCLC
Newark, DE

302-644-2655
Gail Smith RN, IBCLC
Bayhealth Hospitals, Dover and
Milford, De.

302-478-4749 or 302-478-8854
KarinDi@aol.com
Karin DiSanto, IBCLC
Wilmington, DE

7. Pumps and Breastfeeding Equipment

Breast pumps come in a range of styles and prices. Selection of a pump depends on its purpose. Multiple-user electric breast pumps used in hospitals or as rental pumps are recommended for long-term, heavy use, such as a mother pumping for a premature infant. Double pump kits reduce time spent pumping, as both breasts can be pumped at once.

Some insurance companies reimburse for electric breast pump rental when a breastfeeding baby is hospitalized. Sometimes it helps to have a prescription from the baby's doctor stating the need for the baby to have his or her mother's breast milk. If a mother is WIC eligible, see WIC offices in Chapter 1 to rent a multiple-user pump.

When a mother and baby are separated for several feedings each day, when a mother is establishing her milk supply, when a mother is increasing her milk supply, or when a mother doesn't hand express, a multi-user electric rental breast pump is recommended.

Rental stations often sell pumps and related breastfeeding products; some sell nursing brassieres. Each of these companies has a variety of single-user pumps: manual, battery, or small electric pumps that may be purchased and multi-user pumps that are rented. Call the numbers below to talk to the company representative.

Hollister/Ameda/Egnell

www.ameda.com
2000 Hollister Drive
Libertyville, IL 60048-3781
Cathy Snyder, local sales rep.
800-624-5369 ext. 1017#
cell 267-980-0571
cathy.snyder@ameda.com

Hygeia II Medical Group, Inc.

www.hygeiababy.com
2713 Loker Avenue West
Carlsbad, CA 92010 USA
Phone: 888-786-7466
Fax: 760 918.0398
Email: Sales@HygeiaBaby.com

Medela, Inc.

www.medela.com
800-435-8316
1101 Corporate Drive
McHenry, IL 60050
Tracy Brown, local sales rep.
800-435-8316 ext. 518
Tracy.Brown@Medela.com

Limerick, Inc.

www.limerickinc.com
2150 N. Glenoaks Blvd.
Burbank, CA 91504-4327
Ph: 877-limeric (546-3742)
Fax: 818-566-1260
Email: customerservice@limerickinc.com

and/or dehydration associated with inadequate breastfeeding may contribute to the development of hyperbilirubinemia."

"The AAP recommends against routine supplementation of nondehydrated breastfed infants....."

"In breastfed infants who require phototherapy, the AAP recommends that...breastfeeding should be continued....." In breastfed infants receiving phototherapy, supplementation with expressed breast milk or formula is appropriate if the infant's intake seems inadequate, weight loss is excessive (over 10%) or the infant seems dehydrated.

AAP Clinical Practice Guidelines: "Management of Hyperbilirubinemia in the Newborn Infant 35 or more weeks gestation" PEDIATRICS 2004; 114(1): 297-316

Breastfeeding with some types of infectious disease:

Group A streptococcus (mother may breastfeed when over acute stage and after 24 hr. treatment)

Active tuberculosis (CDC June 2009: "It is safe for a mother to breastfeed when she starts anti-TB medication. Her baby will also have to be treated, as there is not enough anti-TB medication in her milk. Wait until her treatment is established, at least two weeks before she holds her baby ; someone else can give her pumped milk to her baby.")

Active hepatitis B and C: Give baby HBIG and hepatitis B vaccine within 1-12 hours of birth, and again at 1 and 6 months. Currently, Hepatitis C is compatible with breastfeeding. (CDC.gov/breastfeeding 2009)

Chronic carrier of hepatitis: call the CDC (800-311-3435).

Active herpes simplex lesions in the nipple area: May breastfeed after lesions are healed.

Chickenpox "Varicella in the mother occurring prior to 5 days before delivery allows sufficient formation and transplacental transfer of antibodies to the infant to ameliorate disease even if the infant is infected with VZV. ...Isolation of the infant from the mother and interruption of breastfeeding should occur only while the mother remains clinically infectious, regardless of the method of feeding. Expressed breast milk can be given to the infant if no skin lesions involve the breasts, as soon as the infant has received VZIG."

Active Smallpox: Neither breastfeeding nor expressed human milk.

Syphilis lesions on the breast: Cover lesions. No breastfeeding until 24 hours of effective therapy in mother. Call CDC (800-311-3435) for current information.

Active syphilis: Wait until 24 hours of effective therapy before breastfeeding.

H1N1: Recommendations are changing weekly. Check www.cdc.gov/breastfeeding or call CDC at 800-232-4636 for current information.

11. Common Questions Asked by Healthcare

Professionals (*birth control, contraindications, postpone breastfeeding, handling human milk, traveling with human milk, special situations*)

Birth Control and Breastfeeding

Natural family planning and barrier and drugstore methods have no effect on lactation. If a woman wants a hormonal birth control while breastfeeding, use the progestin-only methods (mini-pills, injectables, or IUDs). The manufacturer's insert says wait six weeks before starting an injectable method to establish a full milk supply, and monitor the baby carefully for adequate weight gain after beginning the use of hormonal birth control.

Lactational Amenorrhea Method (LAM): When a baby is 6 months old or less, is totally breastfeeding (i.e. not getting anything else to eat), has all sucking needs met at the breast (i.e. no pacifier), is waking to breastfeed during the night, and the mother has not had a period, breastfeeding affords 98-99% protection from pregnancy (the same as the Pill).

People that aren't monogamous should use condoms to prevent STDs.

Contra-indications for Breastfeeding from the CDC 2009:

WHEN A MOTHER:

- Has human immunodeficiency virus (HIV) type I & II
- Is using street drugs, or is an alcoholic.
- Has Human T-cell leukemia virus type I & II.
- Is taking prescribed cancer chemotherapy agents
- Is taking antiretroviral medications
- Is undergoing radiation therapies (can require temporary weaning)
- Has active, untreated tuberculosis

WHEN A BABY has classical galactosemia (a rare genetic metabolic disorder)

Immunizations and Breastfeeding 2009

<http://www.cdc.gov/breastfeeding/recommendations/vaccinations.htm>

To find the latest information on any vaccine

"Breastfeeding is NOT a contraindication to the administration of any vaccine, EXCEPT smallpox."

"Do not administer smallpox vaccine to nursing women."

"While it is unlikely that the (Hepatitis A) vaccine would cause untoward effects in breastfed infants, consider administering immune globulin rather than the vaccine."

Jaundice and Breastfeeding

Primary Prevention: "Clinicians should advise mothers to nurse their infants at least 8-12 times per day for the first several days. Poor caloric intake

8. Electric Breast Pump Rental Locations

www.medela.com
www.ameda.com

www.hygeiababy.com
www.limerickinc.com

Websites have most current information (see p. 28). Search by zip code.

Philadelphia County

267-426-5325 (Medela)
Children's Hospital of Philadelphia
34th and Civic Center Blvd.
Philadelphia, PA

215-886-2433 (Medela, Hollister)
Breastfeeding Resource Center
117 N. Easton Road
Glenside, PA 19038

215-829-5046 (Medela)
Pennsylvania Hospital
4 Preston Nurses' Station
800 Spruce Street
Philadelphia, PA 19107

215 674-8202
www.breastfeedingalliance.com
Judy CrouthameIRNC, BSN, IBCLC
Hatboro, PA 19040

215-955-6665 (Hollister)
Thomas Jefferson University Hospital
111 S. 11th Street
Suite 1990, Gibbon Bldg.
Philadelphia, PA 19107

610-586-3100 (Medela)
Beckett Apothecary
Sharon Hill, PA 19079

215-978-6100, ext. 22
Philadelphia WIC
Wallace Building
642 N. Broad Street, Suite 101
Philadelphia, PA 19130

856-256-1819
Peggy Koen
Sewell, NJ 08080-1931

215 743-1100
Interphase Medical Equipment
2536 E. Castor Avenue
Philadelphia, PA 19134

856-342-3283 (Hollister)
Cooper Hospital
One Cooper Plaza
Camden, NJ 08103

Bucks County

215-794-8850 (Medela)
Whitman Pharmacy
4950 York Road
Routes 202 and 263
Buckingham Green Shopping Center
Buckingham, PA 18912

215-345-2864 (Medela)
Doylestown Hospital
595 West State Street
Doylestown, PA 18901

215-674-8202
www.breastfeedingalliance.com
Judy Crouthamel
Hatboro, PA 19040

215-710-6667
St. Mary Medical Center
1201 Langhorne-Newtown Road
Langhorne, PA 19047

610-874-8418 (Hollister)
Burman's Natural Foods, Ltd.
Brookhaven, PA 19015

215-345-2200 ext. 4637
Doylestown Hospital breastfeeding
support services

215-295-0158 (Hollister)
Debra Manella
Morrisville, PA 19067

215-453-4700
Grand View Medical Company
700 Lawn Avenue
Sellersville, PA 18960

215-491-0502
Cathy La Torre
Warrington, PA 18976

908-788-6335
Liz Libby
Hunterdon Medical Center
2100 Wescott Drive
Flemington, NJ 08822

267-994-4513
Lisa Petrino
Yardley, PA 19067

215-674-8202 (Medela)
Diane's Pumps
Hatboro, PA 19040

215-757-6006
Susan Slear, RN, IBCLC
Langhorne, PA

Chester County

610-254-8300
www.nursingmothersupplies.com
Nursing Mother Supplies
Jennifer Neely
Devon, PA 19333

610-644-1379
Newborn Concepts
Malvern, PA 19355

610-692-0304
Medical Home Care
700 West Downingtown Pike

10. Scale Rental

267-426-5325
215-481-6106
610-649-7769
610-539-4476
215-674-8202
215-997-2622
610-254-8300
610-383-9394
215-886-2433
215-674-8202
610-416-3137
610-892-5051
610-917-9797
610-399-0742
856-582-3098
302-478-8854

Children's Hospital of Philadelphia
Abington Memorial Hospital, Abington
Joanne Siciliano, Ardmore
Diane's Pumps, Audubon
Diane's Pumps, Hatboro
Eileen Restaino, Chalfont
Nursing Mother Supplies II, Devon
Alicia Horst, Downingtown
Breastfeeding Resource Center, Glenside
Judy Crouthamel, Hatboro
Jennifer Koresko, King of Prussia
Birth Mark, Media
Kim Feindt, Phoenixville
Laura Stratton, West Chester
Kennedy Health System, Turnersville, NJ
Karin DiSanto, Wilmington, DE

Mothers with newly discharged premature babies and mothers with near-term babies need to rent an electric breast pump and express milk after each breastfeeding session, because these babies may be too weak to maintain a milk supply or too young to show feeding cues. The rental of a scale that is accurate to 2 grams allows the mother to weigh the baby before and after breastfeeding, so she knows how much milk the baby drank. Then she can feed the baby additional milk that she has expressed, so the baby has enough intake. The additional milk can be fed to the baby by NG tube, cup, spoon, dropper, bottle, or finger-feeding. By Day 6 in 24 hours babies should be taking in the ounces equal to 2.5 times their weight in pounds.

Pounds	Ounces in 24 hours
4.5	11 to 12
5	12 to 13
5.5	14
6	15
6.5	16 to 17
7	17 to 18
7.5	19
8	20

Parents need to be told how much milk the baby needs in 24 hours, so they can assure adequate intake. The baby will need to be fed at least eight times in 24 hours. Holding the baby skin-to-skin will help the mother's milk supply, remind the baby to wake up, and will help the baby learn to breastfeed. Close follow-up by the pediatric care provider is essential for the near-term and premature baby after hospital discharge.

FOR PUMPING AND HOME STORAGE OF HUMAN MILK FOR BABIES AT HOME

1. Once a day, rinse your breasts with water during your bath or shower. You do not need to wash your breasts or nipples before each pumping session.
2. Wash your hands well with soap and water each time before you pump your milk. Use a nailbrush to clean under your finger nails.
3. Pump your milk into a clean food container. If you are hand expressing, a large mixing bowl works well because the milk may spray in many directions.
4. After expressing or pumping, wash and rinse everything that has touched the milk.
5. Your milk may remain at room temperature of 77° or cooler for 6-8 hours. If your milk will be used within 5 days, keep it in the refrigerator. If your milk will not be used for over 5 days, store your milk in the freezer. If no refrigerator is available, your milk may be stored in a cooler with an ice pack for up to 24 hours. (www.cdc.gov 2009)
6. Store pumped milk in the amount your baby takes at a feeding. If your baby is under one month, store in 2-ounce amounts. Thaw one container of milk at a time. If the baby wants more, another container can be thawed quickly.
7. You may layer frozen milk. The first time you pump your milk, you may put it into the freezer. The second time you pump your milk, cool it in the refrigerator, then you may add it to the frozen milk. It is important not to put warm milk on top of frozen milk.
8. To thaw your milk, place it in the refrigerator for a day. For a quick thaw, take the frozen milk container and run it under warm tap water or place it in a bowl of warm water. Remember to swirl the milk because the cream separates and needs to be mixed with the rest of the milk. Once warmed, whatever the baby does not take within an hour should be discarded.
9. Fresh milk may be stored in the refrigerator for 3 to 5 days. Smell or taste it to see if it has turned sour. Milk can be stored in a freezer that has a separate door from your refrigerator, for 3 to 4 months. Keep your milk in the middle of the upper shelf, not on the bottom and not on the door. Use old frozen milk over formula. Do NOT use a microwave to thaw milk; the uneven heating can hurt a baby.
10. Day care: your milk can be stored in a refrigerator along with other foods. Label and date the bottles to use the oldest ones first.

610-399-0742 (Medela)
Stratton's Nursing Mothers Supply
1631 East Street Road
Glen Mills, PA 19342

484-919-1027
Amy Siegrist, BS, IBCLC

610-917-9797
Kim Feindt
Phoenixville, PA 19460

610-399-3535
Angela Leonard, IBCLC
West Chester, PA 19382

Delaware County

610-649-7769 (Hollister, Medela)
Joanne Siciliano
Ardmore, PA 19003

610-874-8418
mburmans@comcast.net
Burman's Nutrition and Wellness
Center
3411 Edgmont Avenue
Brookhaven, PA 19015

610-876-5700
NeighborCare Pharmacy
Crozer-Chester Medical Center
Professional Building
One Medical Center Blvd.
Chester, PA 19013

610-566-2226
Elwyn Pharmacy
194 South Middletown Rd
Media, PA 19063

610-892-5051
Jackie Kelleher CLC
www.familybirthmark.com
107 South Monroe Street
Media, PA 19063

610-543-1858 (Hollister)
Rios Nutritional & Medical Products
35 S. Morton Avenue
Morton, PA 19070

610-734-0800
Main Line Medical Supply
303 S. 69th Street
Upper Darby, PA 19082

610-688-2320
Strafford Pharmacy
623 West Lancaster Avenue
Wayne, PA 19087

610-687-6585
888-687-0687
Medical Home Care
202 Conestoga Road
Wayne, PA 19087

Montgomery County

215-481-6106

Abington Memorial Hospital
Breastfeeding Support Services
1200 Old York Road, Highland Bldg,
2nd floor
Abington, PA 19001

610-649-7769

Joanne Siciliano
Ardmore, PA 19003

610-539-4476

Diane DiSandro
Audubon, PA 19403

215-886-2433

Breastfeeding Resource Center
117 N. Easton Road
Glenside, PA 19038

215-674-8202

www.breastfeedingalliance.com
Judy Crouthamel
Hatboro, PA 19040

610-416-3137

610-272-3828
Jennifer Koresko
King of Prussia, PA 19406

484-919-1027

Amy Siegrist, BS, IBCLC
King of Prussia, PA

215-997-6941

Ursela R. Mangum
Lansdale, PA 19446

610-917-9797

Kim Feindt (Hollister)
Phoenixville, PA

610-705-9292

Royal Medical Supply
856 High Street
Pottstown, PA 19454

610-327-7213

Debra Werner, RN, CLC
Pottstown Medical Center
1600 E. High St.
Pottstown, PA 19464

610-323-2115

Professional Pharmacy
920 N. Charlotte Street
Pottstown, PA 19464

215-723-1168

Gail Comden
Souderton, PA 18964

9. Instructions for Expressing and Storing Human Milk for Babies in the Intensive Care Nursery (NICU)

1. Every day, rinse your breasts with water during your bath or shower. You do not need to wash your breasts or nipples before each pumping session.
2. Wash your hands well with soap and water each time before you pump your milk. Use a nailbrush to clean under your fingernails.
3. Pump your milk 8 to 10 times in 24 hours (about every two hours from 6 am to midnight and at least once between midnight and 6 am). Pump both breasts at the same time for 10-15 minutes each time you pump.
4. Once you are pumping over 30 ounces in 24 hours per baby (You should be able to get to this volume by 14 to 21 days.), you may be able to maintain this volume by expressing 8 times per day or less.
5. Most women find the multi-user, rental, electric breast pumps to be the most effective when their babies are in NICU (see Chapters 7 and 8).
6. The pump kits that are given to you in the hospital are sterile kits. After use, wash the parts that milk has touched with hot, soapy water, use a bottle brush for scrubbing, and rinse well. Place the parts on a clean paper towel, turn the bottle container upside down, and put another paper towel on top of the parts while they air dry, or dry them with a clean towel. There is no need to clean the tubing or any parts that do not have contact with milk. If milk does get in or on them, then clean them.
7. You can save time by pumping both breasts at the same time. Ask for a double pump kit when you rent your pump.
8. The hospital will provide you with containers to store your milk. On some pump models the container can be screwed on as the collection container. Otherwise, pour your milk into the container, screw on the lid, and label the container with the baby's name, date, and time you pumped.
9. If your milk will be used within the hour, it may remain at room temperature. If your milk will be used within 2 days, it may be stored in the refrigerator. If your milk will not be used for over 2 days, store your milk in the freezer.
10. Store pumped milk in the amount your baby takes at a feeding.
11. Many mothers find that breast massage, hand expression, and holding their baby skin to skin helps to increase their milk supply.

Breast massage and hand expression during pumping, or holding the baby skin to skin while pumping can increase milk yield