



# Philadelphia Breastfeeding Resource Handbook

2011



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[www.phila.gov/health/mcfh](http://www.phila.gov/health/mcfh)



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## The Philadelphia Breastfeeding Resource Guide 19<sup>th</sup> Edition

This is a pocket guide for those working with pregnant women, postpartum women, and nursing infants. Use it to answer such questions as:

- Where can I send a woman for more breastfeeding help than I can give to her right now?
- Can this mother with hepatitis B breastfeed her newborn?
- Where can I find a hospital-grade pump for a mother on WIC?
- 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, ANLC and Marjorie Scharf, RD, Mother of 3, MPH, created the original 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. 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 updates and corrections to:

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Philadelphia Department of Public Health Breastfeeding Educational Materials may be downloaded FREE:

<<http://www.phila.gov/health/MCFH/BreastfeedingPromotion.html>. >

- 1) Philadelphia Breastfeeding Resource Guide, aka "the Pink Book".
- 2) My Breastfeeding Plan (English and Spanish):  
A educational brochure for pregnant women.
- 3) Mothers Talk About Breastfeeding:  
A promotional flyer.

My Breastfeeding Plan and Mothers Talk About Breastfeeding are available in the following languages:

Albanian, Arabic, Chinese, English, French, Haitian Creole, Hindi, Indonesian, Khmer, Korean, Portuguese, Russian, Spanish, Vietnamese.

- The online codes (but not the telephone codes) additionally may be used for communications with the patient's health care provider.
- 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, 99368 there must be a minimum of 3 qualified healthcare professionals in attendance

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

## **About Breastfeeding**

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Breastfeeding is the normal way to feed a baby, a toddler or a child. It is the natural basis for infant growth, development, health and mothering.

- Formula use is a risk factor for developing obesity and diabetes, and increases an infant's risk of developing infectious diseases (including gastrointestinal and upper respiratory infections), immunologic disorders, leukemias and lymphomas, and SIDS.
- Lack of breastfeeding is a major risk factor for 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. At least \$13 billion dollars in health care costs 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, packaging and use must be discarded.
- **Healthy People 2020 Goals for Breastfeeding:**
  - 81.9% of babies to be breastfeeding at hospital discharge  
44.3% to be exclusively breastfeeding at 3 months of age
  - 60.5% to be breastfeeding at 6 months of age  
23.7% to be exclusively breastfeeding up to 6 months of age
  - 34.1% to be breastfeeding at 12 months of age
  - Increase the percentage of live births that occur in facilities that provide recommended care for lactating mothers and their babies  
From 2.9% (2007) to 8.1%
  - Decrease the percentage of breastfed newborns that receive formula supplementation within the first 2 days of life  
From 25% (2007) to 15.6%
  - Increase the percentage of employers who have worksite lactation support programs  
From 25% (2009) to 38%

**Breastfeeding 2007 Statistics (provisional)**  
**Centers for Disease Control & Prevention (cdc.gov)**

	<u>U.S.</u>	<u>Philadelphia</u>
EARLY POSTPARTUM %	75.0 ± 1.2	60.6±6.1
Breastfeeding at 6 Months %	43.5±1.1	28.9±5.4
Breastfeeding at 12 months %	22.7±0.9	15.2±4.1
Exclusive Breastfeeding % at 3 Months	33.0±1.0	26.8±5.4
Exclusive Breastfeeding % through 6 Months	13.3±0.9	8.6±3.3
Breastfed infants supplemented with formula: before 2 days: (2007 data)	25.4 ± 1.4%	
	: before 3 months 37.2 ± 1.8	
	: before 6 months 43.8 ± 2.0	

**Philadelphia Breastfeeding Initiation**  
**2008 Statistics (8 hospitals)**

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

Yes: 57.25%

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  
*The benefits of breastfeeding are dose related.*

- 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

\*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.

2. You must document on the chart:
  - 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).

## 1. WIC Services and Offices

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 and poor families may be eligible. 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 over the 1<sup>st</sup> year.

**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-sided electric 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.

Lisa Volpe CLC, 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 a mother receives a 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:

jabooyer@state.pa.us

## Philadelphia area WIC Offices

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### 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 43<sup>rd</sup> Street  
Philadelphia, PA 19104  
215 685-7519

### Health Center #5

1900 N. 20<sup>th</sup> 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

### Overbrook

5610 Lancaster Avenue  
Philadelphia, PA 19131  
215 447-3360

### Northeast

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

### Olney/Logan

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

### Parkwood WIC Office

Parkwood Shopping Center  
12401 Academy Road, Ste. 210  
Philadelphia, PA 19154  
215 632-1795

### Roxborough

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

### South Philadelphia

1536 S. Broad Street  
Philadelphia, PA 19147  
215 463-5571, 5579

### West Philadelphia

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

### Main WIC Office

642 N. Broad Street  
Suite 101  
Philadelphia, PA 19130  
215 978-6100

- 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:

- a. 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.
- b. 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)



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:

**2. Breastfeeding Support Organizations**

- a. Local, State and National**
- b. Support Groups by county and zip code**
- c. On-line**

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Volunteer, trained breastfeeding counselors provide encouragement and practical suggestions of a non-medical nature via telephone. Free monthly mothers meetings.

Local, State and National Organizations

**Ambler Nursing Mothers (Independent)**

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

**Family Breastfeeding Association (FBA)**

Washington Crossing PA 18977  
Meetings held on the 3rd Wednesday of every month.  
888-322-1843 or 215-785-1843 (answering machine)  
[www.familybreastfeeding.org](http://www.familybreastfeeding.org) Heidi Wilenius

**La Leche League (LLL)**

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

**North Penn Nursing Mothers (NP)**

Hatfield, PA 19440  
215-368-1573 Marilyn Boone  
[www.northpennnursingmothers.org](http://www.northpennnursingmothers.org)

**Nursing Mothers' Advisory Council (NMAC)**

Serving areas of Bucks, Montgomery and Philadelphia counties.  
HELPLINE (9 am-6 pm) 215-572-8044  
[www.nursingmoms.net](http://www.nursingmoms.net)

**Nursing Mothers' Alliance (NMA)**

P.O. Box 882  
Exton PA 19341  
610-251-9405 www.nursingmothersalliance.org  
Weekly Meeting: Bear Rock Café, King of Prussia Friday 10 am

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

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

## Pennsylvania Department of Health

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

Trained personnel make referrals to local resources, and answer questions about breastfeeding. Hours are 7-7 Mon.-Fri.; 9-3 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.

### Mothers' Support Groups by County and 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 parts of Philadelphia. Thank you!)

267-564-0938 Kinu Nardini kinu.nardini@gmail.com  
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 joanne.laub@gmail.com  
215-222-6332 Marlene Gawarkiewicz MJGawark@aol.com  
856-727-5042 Lisa Cohen mindfulBCLC@gmail.com

#### Center City Pediatrics

1740 South Street, Philadelphia PA 19146 215-735-5600  
Thursdays 10-11:30 am

#### Family Breastfeeding

19114, 35, 36, 54  
Anne amp@sta2ned.com  
Heidi Wilenius familybreastfeeding.com

#### Hospital of the University of Pennsylvania

Warmline: (215) 662-2361

#### Philadelphia Department of Public Health/ Healthy Start

Health Center #4 4400 Haverford Avenue Mondays 9 to 12 noon.

## 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	V67.59

(When the original reason for visit has resolved)

### The three- to five-day visit

The AAP recommends<sup>1,2,3</sup> 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

<sup>1</sup> 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

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

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

## 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 (When the original reason for visit has resolved)	V67.59

### 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

#### **Mt. Airy/Chestnut Hill NMAC**

19038, 19118-9, 19127-29, 19138, 19140-41, 19144, 19150  
484-924-9205 Vicky Sullivan vfsullivan@gmail.com

#### **Pennsylvania Hospital Breastfeeding Support Group**

215-829-3644 (For women who have delivered anywhere)  
Every Monday (except for legal holidays) from 12:30-2  
Hall Mercer Building, Parent Child Center, 3rd Floor, 800 Spruce Street.

#### **Thomas Jefferson University Hospital**

215-955-6665 The Breastfeeding and Pumping Mothers Support Group  
833 Chestnut Street, Family Medicine Conference Room, 3<sup>rd</sup> floor  
Tuesdays at noon (except on legal holidays)

#### **The Birth Center**

Breastfeeding Support Group Patty Siegrist RN, IBCLC 610-525-6106  
Every other Wednesday 10 to noon  
Studio 34, 4522 Baltimore Avenue.

### Bucks County

#### **Doylestown NM (NMAC)**

18901-2, 10-15, 17, 23, 27-28, 31, 34, 38, 44, 47, 49, 50

215-766-9878 Marta Forney martaforney@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 referral

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

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

#### **Quakertown NM**

215-453-4594 Phyllis Young 215-679-4028

189: 30, 32, 35, 42, 51, 60, 62, 64, 72, 79.

180: 36, 55, 73, 77

181:01-104

#### **Warwick/Warminster Area Nursing Mothers (NMAC)**

189: 25, 29, 40, 54, 66, 74, 76, 80.19067

215-343-1834 Michelle Haffey seashell13@verizon.net

**Yardley-Newtown LLL 19067**

215-295-0933 Jeremi  
215-579-1577 Andrea

asanamama1@verizon.net  
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**

1-866-CALL-MLH

co-sponsored with Paoli Hospital  
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 7:30

**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:** 610-399-3311 Barbara barbarabeam@hotmail.com  
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@me.com

**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

**Nursing Mothers' Alliance:**

193: 20, 35, 41, 44. 194: 02-03, 25-26, 32, 53, 60, 64, 65, 68, 75, 81.

195: 25

610-337-1144 Elizabeth Larkin Eizabeth@wellbornbaby.com

**Phoenixville/Downingtown/Coatsville NM NMA**

19320, 35, 41, 44, 355

19402, 03, 25-26, 32, 53, 455, 60, 64-65, 68, 75, 81. 19525

610-251-9405 Warmline

**19. AAP Guide to Billing for Lactation Services**

The AAP has granted permission to reproduce the on-line version of this coding document. The source document is located at <http://www.aap.org/breastfeeding/files/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.*

**Drugs whose effect on Breastfeeding Infants May be of Concern (Infant blood levels may be monitored; monitor infant states.)**

Codeine Monitor infant for drowsiness, difficulty breathing or limpness  
Demerol (meperidine) and Prozac (fluoxetine)  
Their metabolic by-products are bioactive.  
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 all 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 as they may have a negative impact on establishing a full 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 Depo-Provera™ use 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)

Check the Academy of Breastfeeding Medicine's Protocol #15 "Analgesia and Anesthesia for the Breastfeeding Mother"  
[www.bfmed.org](http://www.bfmed.org)

**Wayne/Paoli NMA**

19010, 35, 85, 87. 19301, 12, 33. 19401, 05, 06, 28. 19355, 80. 19425  
610-254-8300 Jennifer Neely [www.nursingmothersupplies.com](http://www.nursingmothersupplies.com)

**West Chester/Exton Area NMA**

19341-42, 80, 82, 95 [www.nursingmothersalliance.org](http://www.nursingmothersalliance.org)  
610-344-7275 Judy 19380  
610-251-9405 Warmline

**West Grove NM, INC.**

19310, 11, 30, 46, 47, 51, 52, 62, 63, 65, 70, 90  
610-932-2724 Laura Chambers

**New Castle County, DE LLL**

302 838-8828 Karen Kolek 19701  
[khkolek@comcast.net](mailto:khkolek@comcast.net)

**Delaware County**

**Greater Philadelphia Area LLLI Helpline:** 610 666-0369

**LLL Havertown**

[www.lllusa.org/web/DelCoMainLinePA.html](http://www.lllusa.org/web/DelCoMainLinePA.html)

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

**Birthmark**

610-892-5051 Media Wednesdays 1:30 pm  
[www.familybirthmark.com](http://www.familybirthmark.com)

**LLL Media**

[www.lllusa.org/web/DelCoMainLinePA.html](http://www.lllusa.org/web/DelCoMainLinePA.html)  
610-892-9787 Barbara Crozier 19086 [bcropet@hotmail.com](mailto: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

**Montgomery County**

**Abington Area NM NMAC**

19001, 06, 09, 12, 25, 27, 38, 40, 44, 46, 75, 90, 95

215-625-6216 Marlene Schultz [vinmar7399@verizon.net](mailto:vinmar7399@verizon.net)  
Sue Reilley [suereilley@yahoo.com](mailto:suereilley@yahoo.com)

**Ambler Nursing Mothers**

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

Marla Kepniss MKepniss@hotmail.com

Nikki Donecker Nikkimc@comcast.net

**Ardmore LLL** (meets in Havertown)

www.Illusa.org/web/DelCoMainLinePA.html

610-667-9997 Stacey Goldman staceyamir@gmail.com

610-789-3032 Barb bhinski@hotmail.com

610-527-1525 Jamie faila525@msn.com

**Ardmore, Overbrook, Havertown Nursing Mothers Network**

19003, 04, 26, 41, 66, 72, 82, 83, 96, 19131, 19151

610-626-0220

**Breastfeeding Resource Center**

215-886-2433 call or check website for group meeting times

1355 Old York Road, Ste 101 Abington 19001

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

**Family Breastfeeding**

189: 40, 77 190: 07, 17, 20, 30, 47, 53-59, 67

Anne amp@sta2ned.com

Heidi Wilenius familybreastfeeding@gmail.com

**Harleysville NM**

180: 54, 74, 76, 84 189: 18, 24, 58, 62, 69

194: 23, 26, 30, 35, 38, 43, 50, 51, 73, 74, 78

215-368-1573 Marilynn Boone dutch@nni.com

**Lansdale-North Wales NM NP**

18915, 36. 194: 40, 46, 54

215-997-2706 Holly Staugaitis holly.npnm@yahoo.com

**North Penn Nursing Mothers**

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

**Nursing Mothers Alliance**

190: 10, 35, 85, 87 193: 01, 12, 33, 41, 42

194: 01, 05, 06, 28

610-337-1144 Elizabeth Larkin Elizabeth@wellbornbaby.com

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.

Procordia (Nifedipine)

**Anti-inflammatory**

Advil, Motrin, Nuprin (Ibuprofen)

Naproxen (Naprosyn)

Ketorolac (Toradol): Milk levels of ketorolac are low with the usual oral dosage, but have not been measured after higher injectable dosages. FDA requires a "black box" warning against breastfeeding during maternal ketorolac use of the injection or tablets.

\* 3/31/2011 Dr. Thomas Hale: Breastfeeding is compatible after one injection of ketorolac

**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.

Methimazole Insufficient data for doses of 20 mg daily.

**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) Evidence that it increases milk supply is weak. Increases risk of postpartum depression.

\*\* Drugs associated with significant effects on some nursing infants.

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

(Check on LactMed for most current information.)

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### **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)

### **Antihypertensive**

Aldomet (Methyldopa)  
May suppress milk production

### **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, Orelan  
215-675-9166 Mary Durkin, Hatboro joemarydelia@verizon.net  
215-822-3964 Andy  
610-584-4177 Erin  
267-760-5620 Hope Allyson  
215-663-9325 Janice

### **Phoenixville/Downingtown/Coatsville NM NMA**

19320, 35, 41, 44, 355  
19402, 03, 25-26, 32, 53, 455, 60, 64-65, 68, 75, 81  
19525  
610-251-9405 Warm line

### **Wayne/Paoli NM NMA**

19010, 19035, 19085, 19087, 19301, 12, 33, 19401, 05, 06, 19425 and 28,  
19355, 19380  
Warmline: 610-251-9405 www.nursingmothersalliance.org

### **On-line support**

TBC\_BreastfeedingSupport-subscribe@yahoogroups.com  
ONLY for mothers who delivered at the Bryn Mawr Birth Center.

<http://groups.google.com/group/pennsymoms?lnk=src>  
Anyone can join this group.

<http://forums.lili.org/index.php>  
La Leche League Mothers' Forum

### 3. Hospital-Based Lactation Consultants/ Counselors

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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, IBCLC  
*Albert Einstein Medical Center*  
5501 Old York Road  
Philadelphia, PA 19141

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

215-590-4442  
Margaret D'Andrea, RN, IBCLC  
Meghan Devine RN, BSN, 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

215-662-2361 (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  
4 permanent staff  
8 per diem  
3 interns

215-955-6665  
Fern Bernstein, BSN, IBCLC  
Helen Costa, RN, IBCLC  
Betty Anne Hedges, BSN, IBCLC  
*Thomas Jefferson University Hospital*  
1225 B Pavilion Building  
117 South 11th Street  
Philadelphia, PA 19107-4998

*Pennsylvania Hospital*  
Solutions for Women (P)  
721 Delancey Street Mon –Fri 10-2  
Philadelphia, PA 19107  
PA Hosp Breastfeeding Warmline  
215-829-3644

### 17. Drugs in Lactation Information Resources: For Healthcare Professionals ONLY

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**LactMed** (FREE on-line 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**  
By Thomas W. Hale, PhD  
Fabulous reference book, updated every two years

**Infant Risk Center**  
Dr. Thomas Hale's website for answering questions about medications for pregnant and nursing mothers  
<http://www.ttuhscc.edu/infantrisk>  
<http://infantrisk.org>  
(806)-352-2519 Monday-Friday 8am-5pm central time.

**Use of Contrast Media and Lactation**  
[www.acr.org/SecondaryMainMenuCategories/quality\\_safety/contrast\\_manual/Br eastFeedingMothers.aspx](http://www.acr.org/SecondaryMainMenuCategories/quality_safety/contrast_manual/Br eastFeedingMothers.aspx)



## 16. Safe Sources of Donor Human Milk

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### 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** has been a milk depot, providing donor human milk for their babies, since 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 Mother's Milk Bank of Ohio
- (b) Contact Capital Health System milk bank (collecting site for ProLacta Bioscience) 609-394-4163, www.milkbanking.net

## Bucks County

215-345-2864  
Lyn L. McNair, RNC, IBCLC  
Jean Kraus, RN, IBCLC  
Cindy Jarrett, RN, IBCLC  
*Doylestown Hospital*  
595 West State Street  
Doylestown, PA 18901

215-710-5988  
Lisa Petrino, RN, BSN, IBCLC  
Elizabeth Beloff, RN, IBCLC  
*St. Mary Medical Center*  
Langhorne-Newtown Road  
Langhorne, PA 19047

215-453-4594 <pyoung@gvh.org>  
Phyllis Young RN, ICCE, IBCLC  
Linda Doherty RN, IBCLC  
*Grand View Hospital*  
700 Lawn Avenue  
Sellersville, PA 18960

## Chester County

610-738-2582  
mquigley@cchosp.com  
Robin Frees BA, IBCLC  
Michele Quigley RN, BSN, IBCLC  
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

484-565-1515  
Beth Ricci, RN, BSN, IBCLC  
riccie@mlhs.org  
Donna Sinnott, BBA, IBCLC  
Darnetta Yusko RN, 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, IBCLC  
*Delaware County Memorial Hospital*  
501 North Lansdowne Avenue  
Drexel Hill, PA 19026

610-431-0931  
Carol Kealey RN, IBCLC  
*Riddle Memorial Hospital*  
1520 High Meadow Lane  
West Chester, PA 19380

### 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

610-954-1355  
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

610-770-8654  
Patti Hari RN, IBCLC  
Chris Erland, RN, IBCLC  
*St. Luke's, Allentown*  
1736 Hamilton Street  
Allentown, PA 18104

### Workplace Breastfeeding Information:

#### **FMLA information**

[www.law.georgetown.edu/workplaceflexibility2010/law/fmlaFiles/fmla\\_DataPoints.pdf](http://www.law.georgetown.edu/workplaceflexibility2010/law/fmlaFiles/fmla_DataPoints.pdf)

#### **The Business Case for Breastfeeding**

<http://ask.hrsa.gov/detail.cfm?PubID=MCH00250%recommended=1>

#### **www.workandpump.com**

"Internet home for information about breastfeeding for working moms."

#### **www.babiesatwork.org**

Offers "resources and assistance for the successful, sustainable implementation of business programs in which parents can bring their children to work and care for them while doing their jobs."

#### **<http://www.dol.gov/wecanhelp/howtofilecomplaint.htm>**

Where to file a complaint when an employer doesn't provide accommodations for nursing employees.

### California Perinatal Quality Care Collaborative

www.cpqcc.org/quality\_improvement/qi\_toolkits/nutritional\_support\_of\_the\_vlbw\_infant\_rev\_december\_2008

### Research Publications and Sites:

**Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries"** www.ahrq.gov/clinic/tp/brfouttp.htm

### **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

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

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

**S.O.F.T.** A hospital practice to increase breastfeeding initiation.  
www.ltu.edu/llumc/psn/soft.html

### Streaming Videos for Teaching

#### **Initiation of Breastfeeding and Skin to Skin**

http://breastcrawl.org/video.htm  
http://www.mystfx.ca/InfantSkinToSkinContact/

**Video clips by Jack Newman, MD** www.drjacknewman.com

Clips illustrate: reverse pressure softening, vasospasm, use of lactation aides, breast compression, tongue-tie release, and latching.

#### **Hand Expression of Human Milk**

http://newborns.stanford.edu/Breastfeeding/HandExpression.html  
http://breastfeeding.narod.ru/expressanim.html

**Latch Trick** www.drmomma.org/2010/08/breastfeeding-latch-trick.html

#### **Reverse Pressure Softening**

http://www.nbc.ca/index.php?option=com\_content&view=article&id=31:rps-by-mother-with-guidance&catid=6:video-clips&Itemid=13

### Women with large breasts

**Nursing Tips** www.breastfeedingbasics.com/html/Large\_Breasted\_tips

#### **Bras**

www.decentexposures.com www.harrietsinnerwear.com  
www.motherwear.com http://tinyurl.com/28mjey

### Montgomery County

215-481-6104 Warmline  
Laura Caso, RN, IBCLC  
Mara Brand, RNC, IBCLC  
(mara.brand@yahoo.com)  
Beverly DeSimone RN, BSN, IBCLC  
Fran Ferraguti RNC, MSN, IBCLC  
Kathy Szkromiuk, LPN, IBCLC  
*Abington Memorial Hospital*  
1200 Old York Road  
Abington, PA 19001

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

610-645-2336 fax 610-526-8151  
Terry Sanborn, RN, BS, IBCLC  
*Bryn Mawr Hospital*  
130 S. Bryn Mawr Avenue  
Bryn Mawr, PA 19010

215-938-2923  
Services contracted to the  
Breastfeeding Resource Center:  
8 lactation consultants  
*Holy Redeemer Hospital*  
1648 Huntingdon Pike  
Meadowbrook, PA 19046

**4. Community Lactation Consultant/Counselor Services**  
**(fee for service) (P) means Pump Rentals**

IBCLC home visits (call the 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](http://www.pro-lc.org)

Find a lactation consultant outside this region: [www.uslca.org](http://www.uslca.org)

**OFFICE APPOINTMENTS ONLY**

*See also Chapter 7: Medical Practices with Lactation Staff or Where Breastfeeding Medicine is offered.*

215-590-4442  
 Rachelle Lessen, MS, RD, IBCLC (P)  
 lessen@email.chop.edu  
 Children's Hospital of Philadelphia  
 Seashore House  
 Out-Patient Lactation Center  
 34th & Civic Center Blvd.  
 Philadelphia, PA 19104

*Breastfeeding Help Center (P)*  
 215-757-6006  
 Susan Slear, RN, CCE, IBCLC  
 Langhorne, PA 19047

215-886-2433 (P)  
*Breastfeeding Resource Center*  
 Colette Acker, BS, IBCLC  
 Janice McPhelin IBCLC  
 1355 Old York Road, Ste 101  
 Abington, PA 19001  
[www.breastfeedingresourcecenter.org](http://www.breastfeedingresourcecenter.org)  
 (Sliding scale)

Outpatient Lactation Services  
 Paoli Hospital  
 484-565-8075

610-892-5051 (P)  
*BirthMark*  
 Jackie Kelleher, CLC  
 Media and Newton Square, PA

610-644-1379 (P)  
 Robin Frees, BA, IBCLC  
 Amy Siegrist, BS, IBCLC  
[www.newbornconcepts.com](http://www.newbornconcepts.com)

215-453-4591  
 Phyllis Young, RN, CCE, IBCLC  
 Sellersville, PA 18960

610-584-6111  
*Amazing Newborn (P)*  
 Judy Crouthamel RNC, IBCLC  
 Skippack, PA 19474

**National Organizations**

**Baby-Friendly Hospital Initiative, USA** [www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)

**Centers for Disease Control** [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

**Department of Health and Human Services**  
[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

**Healthy People 2020** [www.healthypeople.gov/HP2020](http://www.healthypeople.gov/HP2020)

**March of Dimes (for statistics and information about preterm babies)**  
[www.marchofdimes.com](http://www.marchofdimes.com)

**United States Breastfeeding Committee** [www.usbreastfeeding.org](http://www.usbreastfeeding.org)

**WIC/Food & Nutrition Services**  
[www.nal.usda.gov/wicworks/Learning\\_Center/Breastfeeding\\_educational.html](http://www.nal.usda.gov/wicworks/Learning_Center/Breastfeeding_educational.html)

**Philadelphia/Pennsylvania Organizations**

**Maternity Care Coalition** [www.momobile.org/breastfeeding](http://www.momobile.org/breastfeeding)

**Philadelphia Department of Public Health**  
<http://www.phila.gov/health/MCFH/BreastfeedingPromotion.html>

**Pennsylvania Breastfeeding Coalition** [www.pabreastfeeding.org](http://www.pabreastfeeding.org)

**Pennsylvania Breastfeeding Program**  
[www.health.state.pa.us/breastfeeding](http://www.health.state.pa.us/breastfeeding)

**Postpartum Depression**

**Dr. Katherine-Kendall Tackett** [www.UppityScienceChick.com](http://www.UppityScienceChick.com)

**Postpartum Depression Support Network** 215 481 4104

**Medical Organizations and Billing**

**Academy of Breastfeeding Medicine (ABM)** [www.bfmed.org](http://www.bfmed.org)

**American Academy of Pediatrics (AAP)** [www.aap.org/breastfeeding](http://www.aap.org/breastfeeding)

**Billing Codes:** [www.icd9coding1.com/flashcode/home.jsp](http://www.icd9coding1.com/flashcode/home.jsp)

**Premature Infants**

**10 steps for breastfeeding premature infants**  
[www.med.umich.edu/nursing/holden/lactationpremie.htm](http://www.med.umich.edu/nursing/holden/lactationpremie.htm)

## Cornucopia Institute Formula Report

[www.cornucopia.org/2008/01/replacing-mother-infant-formula-report](http://www.cornucopia.org/2008/01/replacing-mother-infant-formula-report)

### Handouts (free)

**Academy of Breastfeeding Medicine** [www.bfmed.org](http://www.bfmed.org)  
Offers free educational podcast on itunes

**Center for Disease Control** [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)  
Crib cards, AHRQ report  
Growth Charts [http://www.cdc.gov/growthcharts/who\\_charts.htm](http://www.cdc.gov/growthcharts/who_charts.htm)

### **Diaper Recording Logs (English and Spanish)**

[www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoEng.pdf](http://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoEng.pdf)  
[www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoSpan.pdf](http://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoSpan.pdf)

### International Organizations

**UNICEF** [www.unicef.org](http://www.unicef.org)

**World Health Organization (WHO)** [www.who.int/topics/breastfeeding/en](http://www.who.int/topics/breastfeeding/en)

### **WHO Growth Charts**

[www.who.int/childgrowth/standards/chart\\_catalogue/en/index.html](http://www.who.int/childgrowth/standards/chart_catalogue/en/index.html)

### Materials in Other Languages

**Baby-Friendly UK** [www.babyfriendly.org.uk/parents/byb.asp](http://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](http://www.breastfeedingtaskforla.org/resources/forparents/flyersbrochures.htm)

**Culture Clues** <http://depts.washington.edu/pfes/cultureclues.htm>

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

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

### On-Line College Education in Lactation

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

Lactation Consulting, MA  
[www.myunion.edu/academics/master-of-arts/health.html](http://www.myunion.edu/academics/master-of-arts/health.html)

## HOME VISITS

### Practitioners that travel to more than one county:

#### Practitioner

610-444-4073  
Suzanne Barton IBCLC

610-308-6925  
Johanna Berger MSW, IBCLC  
[bdormont@juno.com](mailto:bdormont@juno.com)

215-836-9088  
Liz Brooks JD, IBCLC

610-584-6111  
Judy Crouthamel RNC, BSN, IBCLC

610-316-9157  
Linda Derbyshire, IBCLC

267-664-0759; 215-453-4265  
Linda Doherty RN, IBCLC  
Grand View Home Care LC Visits

215-385-4657  
Hope Allyson Dwiggin MLS, IBCLC

267-226-4884  
Marlene Gawarkiewicz IBCLC

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

215-635-6477  
[www.breastfeedingalwaysbest.com](http://www.breastfeedingalwaysbest.com)  
Nikki Lee, RN, MS, IBCLC, CCE, CIMI

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

610-399-3535 (P)  
Angela Leonard IBCLC, LCCE, CD (DONA)  
[AngelalBCLC@comcast.net](mailto:AngelalBCLC@comcast.net)

610-517-9552  
Lisa Mandell MBA, IBCLC  
[www.best4both.com](http://www.best4both.com)

877-483-6852 (P)  
Ursela Morton CLC, CCE, CD (DONA)  
[www.mothersupport.com](http://www.mothersupport.com)

#### Counties covered

*Chester, Delaware & Wilmington*

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

*Philadelphia, Montgomery  
Wyndmoor, PA 19038*

*Bucks, Montgomery, NE Phila  
Hatboro, 19040*

*Delaware, Main Line,  
Philadelphia, Montgomery  
[lindaderby@verizon.net](mailto:lindaderby@verizon.net)  
Havertown, PA 19083*

*Bucks and Montgomery  
Perkasie, 18944*

*Bucks and Montgomery  
[HADwigginIBCLC@gmail.com](mailto:HADwigginIBCLC@gmail.com)*

*Philadelphia, Main Line  
[www.marleneglc.com](http://www.marleneglc.com)*

*Philadelphia, Montgomery*

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

*Philadelphia, Chester,  
Delaware, Montgomery*

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

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

*Bucks, Berks, Chester, Delaware,  
Montgomery, Philadelphia*

610-687-8850  
Alison Neuhaus, MA, IBCLC, PCD( DONA)  
asneuhaus@verizon.net

*Delaware, Montgomery, Main  
Line, Wilmington DE*

610-644-1379 (P)  
Newborn Concepts  
Dana Ehman, BA, IBCLC  
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*

215-248-0197  
Carol Teneriello RN, IBCLC

*Philadelphia, Montgomery*

610-873-7496  
Wee Care

*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

Free drop-in clinic: Mondays 10 to 11:30. Health Center #4  
4400 Haverford Avenue, Philadelphia, PA Tammy Doyle, RN, IBCLC

### 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 19382

610-399-3535 (P)  
www.agentlestart.com  
Angela Leonard, IBCLC, LCCE, CD  
West Chester, PA 19380

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

### **Privately run sites**

www.breastfeeding.com  
www.kellymom.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)**

Information on the Mother-Friendly Hospital Initiative  
www.motherfriendly.org

**Doulas of North America**

www.dona.org

**Hypnobirthing**

www.hypnobirthing.com

**ICAN PHILADELPHIA (International Cesarean Awareness Network)**

Amy Borrelli (co-lead) 484-459-0618 icanofsepa@gmail.com  
Monica Ruiz-Melendez (co-lead) 610-804-0624 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 (Free doulas)

**www.operationspecialdelivery.com**

Free doulas for women whose husbands/partners are in the military

### Formula

**HHS Toned Down Breast-feeding Ads**

www.washingtonpost.com/wp-  
dyn/content/article/2007/08/30/AR2007083002198.html

**FDA regulation of formula**

www.fda.gov/Food/FoodSafety/Product-  
SpecificInformation/InfantFormula/GuidanceRegulatoryInformation/default.htm

**FDA: Alerts and reporting problems**

www.fda.gov/Food/FoodSafety/Product-  
SpecificInformation/InfantFormula/AlertsSafetyInformation/default.htm

## 15. Websites for Breastfeeding & Related Resources

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The Internet is continually expanding. Type the relevant phrase into a search engine. There are more sites about any topic than are listed here.

### Advocacy and Political Action

[www.bestforbabes.org](http://www.bestforbabes.org)

**Ban the Formula Discharge Bags** [www.banthebags.org](http://www.banthebags.org)

**National Alliance for Breastfeeding Advocacy**  
[www.naba-breastfeeding.org](http://www.naba-breastfeeding.org)

**World Alliance for Breastfeeding Action** [www.waba.org.my](http://www.waba.org.my)

**U.S. Representative Carolyn Maloney**  
[www.house.gov/maloney/issues/breastfeeding](http://www.house.gov/maloney/issues/breastfeeding)  
(Rep. Maloney is active in the House of Representatives, introducing legislation to protect breastfeeding.)

### Books, AV materials, videos, brochures

**Childbirth Graphics/WRS Group** [www.childbirthgraphics.com](http://www.childbirthgraphics.com)

**Hale Publishing** [www.ibreastfeeding.com](http://www.ibreastfeeding.com)

**Kay Hoover and Barbara Wilson-Clay** [www.lactnews.com](http://www.lactnews.com)

**Low-cost Videos in English and Spanish**  
[www.dshs.state.tx.us/wichd/bf/videos.shtm](http://www.dshs.state.tx.us/wichd/bf/videos.shtm)

### Breastfeeding/Lactation Organizations

*(Offer courses, educational materials and conferences)*

**Healthy Children** [www.healthychildren.cc](http://www.healthychildren.cc)

**International Board of Lactation Consultant Examiners**  
[www.iblce.org](http://www.iblce.org)

**International Lactation Consultant Association** [www.ilca.org](http://www.ilca.org)

**La Leche League International (LLLI)** [www.llli.org](http://www.llli.org)

### Breastfeeding Help Sites

**Department of Health and Human Services**  
[www.4woman.gov/breastfeeding](http://www.4woman.gov/breastfeeding)

610-299-1038 (P)  
dana@motherisborn.com  
Dana Ehman BA, IBCLC  
West Chester, PA 19382

484-345-8502  
Tym16@aol.com  
Elizabeth Loeper, RNC, MSN, IBCLC  
West Chester, PA 19382

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

### 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  
610-254-0952

610-892-5051 (P)  
Jackie Kelleher CLC  
BirthMark  
107 S. Monroe Street  
Media, PA 19063

Blue Cross Home Care Nurses  
100 Matson Ford Road, Suite 400  
Radnor, PA 19087  
610-254-1620

### 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

[www.mainlinenutrition.com](http://www.mainlinenutrition.com)  
Gordana Chelsvig MA, RD, IBCLC  
Main Line Nutrition Services  
450 N. Narberth Avenue, Suite 108  
Narberth, Pa. 19072

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

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

610-409-5634  
donna.eirich@live.com  
Donna Eirich CLC, CD & PCD  
610-667-1588

### 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

## 5. New Jersey & Delaware Lactation Services

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### New Jersey

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

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

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

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

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

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

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

### Private Practice Lactation Consultants

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

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

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

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

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

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

**La Leche League in New Jersey**  
www.LaLecheLeaguenj.org

### **Traveling with Human Milk:**

From <http://www.tsa.gov/311/311-carry-ons.shtml> (2010)

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

"Greater than 3.4 ounce (100ml) of breast milk or baby formula are permitted through the security checkpoint in reasonable quantities for the duration of your itinerary (all exceptions must be presented to the security officer in front of the checkpoint).

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: [CDC.gov/breastfeeding](http://CDC.gov/breastfeeding) 2010

"Breastfeeding is still recommended despite the presence of chemical toxins... for the vast majority of women the benefits of breastfeeding appear to far outweigh the risks. To day, effects on the nursing infant have been seen only where the mother herself was clinically ill from toxic exposure."

See: [www.ilca.org/files/resources/ilca\\_publications/EnvironContPP.pdf](http://www.ilca.org/files/resources/ilca_publications/EnvironContPP.pdf)  
[www.nrdc.org/breastmilk/default.asp](http://www.nrdc.org/breastmilk/default.asp)  
[www.cdc.gov/niosh/topics/ABLES/pdfs/CSTE\\_2007\\_Fagan.pdf](http://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."



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

- Women who have used infertility technology to become pregnant
- Women who do not experience breast changes during pregnancy or 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](http://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 time enough of the anesthesia is out of her body that it is safe to breastfeed.

### ***Yes, encourage breastfeeding (or breastmilk feeding) when:***

A baby has a cleft lip or palate or any congenital anomaly or disorder  
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 may do partial breastfeeding 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 (as many as seven!)  
A woman is a teenager or post-menopausal  
A woman needs a mammogram  
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  
A woman has had gastric bypass surgery (she needs to keep taking her post-bypass vitamin supplements, particularly B-12, as prenatal vitamins may not be enough).

### ***Handling Human Milk:***

From [www.cdc.gov/mmwr/preview/mmwrhtml/00000039.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00000039.htm) (2010)

"Are special precautions needed for handling human milk?"

"Whereas universal precautions do not apply to human breast milk, gloves may be worn by health-care workers in situations where exposures to breast milk might be frequent, for example, in milk banking."

## **Delaware**

302-733-3360  
Lactation Services  
Christiana Hospital, Newark

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

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

302-478-8854 (P)  
KarinDi@aol.com  
Karin DiSanto, IBCLC  
Wilmington, DE

## 6. Related practitioners and Complementary Therapies

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These are practitioners who have been found to be knowledgeable about and supportive of breastfeeding. Send corrections and additions to Nikki.Lee@phila.gov

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### Pediatric Allergist

Marc Cotler MD 610-642-3884 (Wynnewood, PA)

### Breast Surgeon:

Dahlia M. Sataloff MD 215-829-8461  
(speaks Yiddish and French) Philadelphia, PA 19146

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

Lisa Elden MD 610-337-3232  
King of Prussia

CHOP ENT 215-590-3440

Michael Kremer MD 302-655-6183  
David King MD Wilmington, Delaware

Albert LaTorre DDS 215-491-0502  
Warrington, PA

Daniel May MD 610-594-6440  
Exton, Pa

Louis Rafetto MD 302-477-1800  
Wilmington, Delaware

B. Davidson Smith MD 610-896-6800  
ENT, Lankenau Hospital

Penny Soppas MD, IBCLC 610-623-9080 ext 151  
Drexel Hill, PA 19026

"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 maternal infectious disease:***

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

Active tuberculosis (Wait until mother's treatment is established, at least two weeks; someone else should take care of baby, including feed the baby the mother's pumped milk.)

Hepatitis A, B and C: Give baby HBIG and hepatitis B vaccine within 1-12 hours of birth, and again at 1 and 6 months. Call the CDC (800-232-4636). At this time, breastfeeding is compatible with all types.

A mother with Hepatitis C who has cracked, bleeding nipples should consider expressing and discarding her milk until she is healed, then she may resume breastfeeding." (CDC 2010; 800-232-4636)

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 syphilis: postpone breastfeeding until after 48 hours of treatment.

*RA Lawrence, RM Lawrence: Breastfeeding: A Guide for the Medical Profession (6th Edition). Philadelphia: Elsevier Mosby, 2005, p. 654*

H1N1: the recommendations are changing weekly. Check the cdc.gov/breastfeeding website or call 800-232-4636 for current information.

### ***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.

**14. Common Questions about Clinical Situations** (*birth control, contraindications, postpone breastfeeding, handling human milk, traveling with human milk, special situations*)

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**Birth Control and Breastfeeding**

Natural family planning and barrier or drugstore methods are compatible with lactation. If a breastfeeding mother wants a hormonal method, use the progestin-only methods (mini-pills, injectables, or IUDs). The manufacturer's insert says wait six weeks postpartum before starting an injectable method. Monitor the baby carefully for adequate weight gain after beginning the use of hormonal birth control as milk supply may be reduced in some women.

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 are advised to use condoms to prevent STDs.

**Contra-indications for Breastfeeding from the CDC 2010:**

WHEN A MOTHER:

- Has human immunodeficiency virus (HIV) type I & II
- Is using or dependent upon an illicit drug or alcohol
- 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 untreated, active tuberculosis

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

**Immunizations and Breastfeeding 2010**

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

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

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

**Acupuncture/Herbalists/Homeopathy**

Linda Baker MD, CCH 610-567-3520  
Pediatrician, herbalist, www.WellspringHomeopathicCare.com  
homeopath

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

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

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

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

TheraPlay (Drexel Hill, West Chester, Hatboro) [www.theraplayinc.com](http://www.theraplayinc.com)

Jolaine Baran SLP Paoli Hospital 484-565-1063

**Craniosacral therapists:**

[www.upledger.com](http://www.upledger.com) click on "Find a Practitioner"

**Infant Massage Instructors:**

[www.lovingtouch.com](http://www.lovingtouch.com) click on "Find an instructor"  
[www.infantmassageusa.org](http://www.infantmassageusa.org) click on "Educator Directory"

**Dermatologists:**

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

Paul Gross MD 215-829-3576  
Pennsylvania Hospital  
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

## 7. Pediatric Practices with lactation support staff/or that offer Breastfeeding Medicine

*This list is of those currently known to the lactation consultant community. Contact Nikki.Lee@phila.gov to add more.*

Allstar Pediatrics 400 N. Gordon Drive, Exton, PA 19341 610-363-1330	Ambler 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 19446 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
Jefferson Family Medicine Associates 833 Chestnut Street Philadelphia, PA 19107 215-955-7190	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, P.C. www.mkpeds.com 3 offices (Newtown, Trevoise, Warrington) Lactation Services Voice Mail 215-346-6177	Society Hill Pediatrics (Roshani Anandappa MD, FAA) 1233 Locust Street, Philadelphia 19107 215-545-8188

## 13. Scale Rental

267-426-5325	Children's Hospital of Philadelphia
215-481-6106	Abington Memorial Hospital, Abington
610-649-7769	Joanne Siciliano, Ardmore
610-539-4476	Diane's Pumps, Audubon
215-674-8202	Diane's Pumps, Hatboro
610-254-8300	Nursing Mother Supplies II, Devon
215-886-2433	Breastfeeding Resource Center, Abington
610-416-3137	Jennifer Koresko, King of Prussia
877-426-5325	Mother to Mother Birth, Lansdale
610-892-5051	Birth Mark, Media
610-917-9797	Kim Feindt, Phoenixville
856-669-0217	NBN Infusions, Cherry Hill NJ
856-582-3098	Kennedy Health System, Turnersville, NJ
302-478-8854	Karin DiSanto, Wilmington, DE
215-829-5046	Solutions for Women, Philadelphia, PA
610-584-6111	Amazing Newborn Skippack, PA 19474

Mothers with newly discharged late pre-term or premature babies need to rent an electric breast pump and express milk after each breastfeeding session, because these babies may be too weak or too young to maintain a milk supply. The rental of a scale that is accurate to 2 grams allows the mother to weigh the baby before and after breastfeeding, to see 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, babies should be taking in the ounces equal to 2.5 times their weight in pounds each 24 hours.

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 an adequate intake. The baby needs 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 HOME

1. 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. If you are hand expressing, a large mixing bowl works well to catch the milk because it 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 a 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 more than 5 days, store your milk in the freezer. Your milk may be stored in an insulated cooler bag with an ice pack for up to 24 hours. ([www.cdc.gov](http://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, you may put it into the freezer. The second time you pump, cool it in the refrigerator, then add it to the frozen milk. It is important not to put warm milk on top of frozen milk.
8. To thaw 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. 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 should to be discarded.
9. Fresh milk may be stored in the refrigerator for 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 6 months. Keep your milk in the back of the freezer. 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 first.

## 8. Business Case for Breastfeeding Assistance

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These are lactation professionals who can assist businesses to develop corporate lactation programs.

- Advice on breast pump equipment and resources for employed breastfeeding women
- Provide training for supervisors and staff,
- Consult on breastfeeding-related pages of a company website,
- Teach on-site prenatal and postpartum classes,
- Provide back-to-work consultation for employees returning to work,
- Lead a postpartum breastfeeding employees' support group

Colette Acker IBCLC  
215.886.2433  
[brc4babies@comcast.net](mailto:brc4babies@comcast.net)  
Abington, PA 19001

Lisa Broderick-Cohen BFA, IBCLC  
Moorestown, NJ, 08057  
215-407-1422 [lisa@mindful-mothering.com](mailto:lisa@mindful-mothering.com)

Elizabeth Brooks JD, IBCLC, FILCA  
Wyndmoor, PA, 19038  
215.836.9088  
[liz.brooks@yahoo.com](mailto:liz.brooks@yahoo.com)

Diane DiSandro BA, IBCLC  
Audubon, PA, 19403  
610.539.4476 [diane@disandro.net](mailto:diane@disandro.net)

Linda Derbyshire BS, IBCLC  
Havertown, PA 19083  
610-316-9157  
[lindaderby@verizon.net](mailto:lindaderby@verizon.net)

Constance Gleckler IBCLC  
Cherry Hill, NJ, 08034  
856 795 8554

Robin Frees, BA, CHT, IBCLC  
Malvern, PA 19355  
610 644 1379 [rbfibclc@aol.com](mailto:rbfibclc@aol.com)

Karen Kurtz BSOT, IBCLC  
Turnersville, NJ, 08012  
609.650.2218  
[karen@breastfeedingsuccessNJ.com](mailto:karen@breastfeedingsuccessNJ.com)

Lisa Mandell MBA, IBCLC  
Havertown, PA, 19083  
610.517.9552 [lisa@best4both.com](mailto:lisa@best4both.com)

Katja Pigur, M.Ed., CLC  
Breastfeeding Coordinator  
Maternity Care Coalition  
Philadelphia, PA 19130  
215 989 3564

Janice McPhelin BS, IBCLC  
Sellersville, PA, 18960  
215-886-2433  
[janice\\_brc@comcast.net](mailto:janice_brc@comcast.net)

## 9. 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*  
5501 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 for 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  
Michelle.Rodriguez@uphs.upenn.edu  
Prenatal breastfeeding class presented monthly. \$35. Free for family, friends, and those on medical assistance.

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)

215-735-5600  
*Center City Pediatrics*  
1740 South Street, Philadelphia PA 19146      7-8:30 pm 1<sup>st</sup> Tuesdays

## 12. Instructions for Expressing and Storing Human Milk for Babies: for NICU and for Home

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### For the NICU

1. 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 with soap and water each time before you pump your milk. Use a nailbrush to clean under your fingernails.
3. Pump your breasts 8 to 10 times in 24 hours (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. Adjust the pump settings to the highest level that is comfortable each time you pump. Check your flange sizes after 2 weeks of pumping.
4. Once you are pumping 26.5 ounces in 24 hours per baby, 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 of this reference guide for locations.
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.
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 and hand expression during pumping, or holding their baby skin to skin while pumping can increase their milk yield.

## Montgomery County

215-481-6106  
Abington Memorial Hospital  
Breastfeeding Support Services  
1200 Old York Road, Lenfest Bldg, 4th  
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  
1355 Old York Road, Suite 101  
Abington, PA 19001

215-997-6941  
Ursela R. Mangum  
Lansdale, PA 19446

610-705-9292  
Royal Medical Supply  
34 E. High Street  
Pottstown, PA 19464

610-327-7213  
Debra Werner, RN, CLC  
Pottstown Medical Center  
1600 E. High St.  
Pottstown, PA 19464

610-584-6111  
Amazing Newborn  
Skippack, PA 19474

610-416-3137  
610-272-3828  
Jennifer Koresko  
King of Prussia, PA 19406

484-919-1027  
Amy Siegrist, BS, IBCLC

215-855-3545  
Young's Medical Equipment  
711 W. Main Street  
Lansdale, PA 19446

484-919-1027  
Amy Siegrist  
King of Prussia, PA 19406

610-323-2115  
Professional Pharmacy  
920 N. Charlotte Street  
Pottstown, PA 19464

215-723-1168  
Gail Comden  
Souderton, PA 18964

484-949-9121  
Carolyn DiSandro  
Pottstown, PA 19465

## 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. Fee: \$25)  
Dad & grandparents free!

1-866-CALL-MLH (MainLine Health)  
Beth Ricci, manager, perinatal education classes  
*Lankenau Hospital*  
*Bryn Mawr Hospital*  
Prenatal breastfeeding classes are held monthly from 7-9 PM. Support persons  
are encouraged to attend. \$40/couple.

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 2.5 hour class.

610-278-2881  
*Mercy Suburban General Hospital*  
2701 DeKalb Pike  
Norristown, PA 19401

1-800-818-4747      [www.yourebeautifulbaby.com/classes.php](http://www.yourebeautifulbaby.com/classes.php)  
*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      Registration required.  
*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

1-877-483-6852  
www.Mother to Mothersupport.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

610-584-6111  
Judy Crouthamel RNC, IBCLC  
Skipack, PA 19474  
Group classes are offered in Skipack, Willow Grove, and Bristol

### **Chester County**

610-738-2581, 2582  
*Chester County Hospital*  
701 East Marshall Street  
West Chester, PA 19380  
Contact Michelle Quigley

1-866-CALL-MLH  
*Paoli Hospital*  
255 W. Lancaster Avenue  
Paoli, PA 19301  
Monthly classes. \$40/couple

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

### **Delaware County**

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

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

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

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

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

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

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

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

610-544-9207  
Babies R Us  
770 Baltimore Pike  
Springfield, PA 19064



**Bucks County**

610-584-6111  
Amazing Newborn  
Skippack, Pa 19747

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

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

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

215-249-4600  
Grand View Medical Company  
161 N. Main St.  
Dublin, PA 18917

215-345-2200, ext 4637  
215-345-2864 (Medela)  
Doylestown Hospital  
Breastfeeding Support Services  
595 West State Street  
Doylestown, PA 18901

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

267-994-4513  
Lisa Petrino  
Yardley, PA 19067

215-757-6006  
Susan Slear, RN, IBCLC  
Breastfeeding Help Center  
Langhorne, PA 19947

**Chester County**

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

610-644-1379  
610-299-1038  
Dana Ehman  
Newborn Concepts  
Malvern, PA 19355

610-692-0304  
Medical Home Care  
202 Conestoga Rd.  
Wayne, PA 19087

Laura Stratton  
610-399-0742 (Ameda)

Amy Siegrist, BS, IBCLC  
484-919-1027

610-917-9797  
Kim Feindt  
Phoenixville, PA 19460

**Delaware County**

610-447-2084  
Crozer-Chester Medical Center  
Kay Isola kay.isola@crozer.org  
Upland, PA 19013 7:15-9:45 p.m.  
Fee \$20

610-891-3759, 1-866-225-5654  
Riddle Memorial Hospital  
Debby Mantegna RN, MSN  
Class offered every other month  
Fee \$40

**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  
143 West Lehman Avenue  
Hatboro, PA 19040

**Montgomery County**

1-866-CALL-MLH  
Bryn Mawr Hospital  
130 S. Bryn Mawr Avenue  
Bryn Mawr, PA 19010  
Monthly prenatal classes. \$40/couple.

## 10. Pumps and Breastfeeding Equipment

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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. 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 Chapter 1 to rent a multiple-user pump.

When a mother and baby are separated for several feedings each day (as with work or school attendance), or when a mother doesn't hand express, a multi-user electric rental or a single-user electric breast pump is recommended.

Some rental stations sell pumps, related breastfeeding products and nursing brassieres. Each of the companies listed has a variety of single-user pumps: manual, battery, or small electric pumps that may be purchased and multi-user pumps that can be rented or purchased. Call the numbers below to talk with the company representative.

### **Hollister/Ameda/Egnell**

www.ameda.com  
2000 Hollister Drive  
Libertyville, IL 60048-3781.  
800-624-5369 ext. 1017#  
cell 267-980-0571  
Marybeth.Hlavac@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

## 11. Electric Breast Pump Rental Locations

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www.medela.com  
www.ameda.com

www.hygeiababy.com  
www.limerickinc.com

Websites have most current information. Search by zip code.

### **Philadelphia County**

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

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

215-955-6665 (Hollister) SALES only  
(no rentals)  
Thomas Jefferson University Hospital  
111 S. 11th Street  
Suite 1990, Gibbon Bldg.  
Philadelphia, PA 19107

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

215 743-1100  
Interphase Medical Equipment  
2536 E. Castor Avenue  
Philadelphia, PA 19134  
215-997-6941 fax 215-997-7608

215-886-2433 (Medela, Hollister)  
Breastfeeding Resource Center  
1355 Old York Road, Suite 101  
Abington, PA 19001

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

610-734-0800 (Medela, Hollister)  
Main Line Medical Supplies  
Upper Darby, PA 19082

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

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