<table>
<thead>
<tr>
<th></th>
<th>WIC Offices and Services</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Breastfeeding Support Organizations (Local, State and National) and County Support Groups (by zip code)</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>Hospital-Based Lactation Consultants/Counselors</td>
<td>13</td>
</tr>
<tr>
<td>4</td>
<td>Community Lactation Consultant Services</td>
<td>17</td>
</tr>
<tr>
<td>5</td>
<td>New Jersey and Delaware Lactation Services</td>
<td>21</td>
</tr>
<tr>
<td>6</td>
<td>Related Practitioners and Complementary Therapies</td>
<td>23</td>
</tr>
<tr>
<td>7</td>
<td>Medical Practices with lactation staff or where Breastfeeding Medicine is offered</td>
<td>25</td>
</tr>
<tr>
<td>8</td>
<td>Business Case for Breastfeeding Assistance</td>
<td>26</td>
</tr>
<tr>
<td>9</td>
<td>Breastfeeding Classes</td>
<td>27</td>
</tr>
<tr>
<td>10</td>
<td>Pumps and Breastfeeding Equipment</td>
<td>31</td>
</tr>
<tr>
<td>11</td>
<td>Electric Breast pump Rental Locations</td>
<td>32</td>
</tr>
<tr>
<td>12</td>
<td>Instructions for Expressing and Storing Human Milk for Babies: NICU and Home</td>
<td>36</td>
</tr>
<tr>
<td>13</td>
<td>Scale Rental</td>
<td>38</td>
</tr>
<tr>
<td>14</td>
<td>Common Questions about Clinical Situations</td>
<td>39</td>
</tr>
<tr>
<td>15</td>
<td>Selected Websites for Breastfeeding &amp; Related Resources</td>
<td>43</td>
</tr>
<tr>
<td>16</td>
<td>Safe Sources of Donor Human Milk</td>
<td>49</td>
</tr>
<tr>
<td>17</td>
<td>Drugs in Lactation Information Resources</td>
<td>50</td>
</tr>
<tr>
<td>18</td>
<td>Maternal Medications Used in the Early Postpartum and Their Effect on the Nursing Infant</td>
<td>51</td>
</tr>
<tr>
<td>19</td>
<td>AAP Updated 2010 Guide to Billing for Lactation Services</td>
<td>54</td>
</tr>
</tbody>
</table>
The Philadelphia Breastfeeding Resource Guide
20th 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, CKC 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:
Nikki Lee, RN, BSN, MS, IBCLC, CCE, CIMI, ANLC
Lactation Consultant
Division of Maternal, Child and Family Health
1101 Market Street, 9th Floor
Philadelphia, PA 19107
Nikki.Lee@phila.gov
215-685-5237, extension #1
FAX 215-685-5257

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

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:

<table>
<thead>
<tr>
<th>Medical Discussion in minutes</th>
<th>Physician Calls</th>
<th>Non-physician Provider Calls</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-10 minutes</td>
<td>99441</td>
<td>98966</td>
</tr>
<tr>
<td>11-20 minutes</td>
<td>99442</td>
<td>98967</td>
</tr>
<tr>
<td>21-30 minutes</td>
<td>99443</td>
<td>98968</td>
</tr>
</tbody>
</table>

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**

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 2008 Statistics (provisional)**
Centers for Disease Control & Prevention (cdc.gov)

<table>
<thead>
<tr>
<th></th>
<th>U.S.</th>
<th>Philadelphia</th>
</tr>
</thead>
<tbody>
<tr>
<td>EARLY POSTPARTUM %</td>
<td>75.0 ± 1.2</td>
<td>60.6 ± 6.1</td>
</tr>
<tr>
<td>Breastfeeding at 6 Months %</td>
<td>43.5 ± 1.1</td>
<td>28.9 ± 5.4</td>
</tr>
<tr>
<td>Breastfeeding at 12 months %</td>
<td>22.7 ± 0.9</td>
<td>15.2 ± 4.1</td>
</tr>
<tr>
<td>Exclusive Breastfeeding % at 3 Months</td>
<td>33.0 ± 1.0</td>
<td>26.8 ± 5.4</td>
</tr>
<tr>
<td>Exclusive Breastfeeding % through 6 Months</td>
<td>13.3 ± 0.9</td>
<td>8.6 ± 3.3</td>
</tr>
</tbody>
</table>

Breastfed infants supplemented with formula: before 2 days: 25.4 ± 1.4%
(2008 data)
: before 3 months 37.2 ± 1.8
: before 6 months 43.8 ± 2.0

**Philadelphia Birthing Hospital Initiation 2009 Statistics** (6 hospitals)

Pennsylvania Department of Health, Bureau of Family Health, Breastfeeding Awareness and Support Program: Average = 59.6 % (range 43% to 78%)

2009 Philadelphia Hospital mPINC scores: range: 38 to 70 out of a possible 100. (Maternity practices in Infant Nutrition and Care survey)

Breastfeeding Definitions:
- 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:

<table>
<thead>
<tr>
<th>New Patient Time</th>
<th>Established Patient Time</th>
<th>Outpatient Consult Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>99202 20</td>
<td>99212 10</td>
<td>99241 15</td>
</tr>
<tr>
<td>99203 30</td>
<td>99213 15</td>
<td>99242 30</td>
</tr>
<tr>
<td>99204 45</td>
<td>99214 25</td>
<td>99243 40</td>
</tr>
<tr>
<td>99205 60</td>
<td>99215 40</td>
<td>99244 60</td>
</tr>
</tbody>
</table>

[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 in the 1st 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 cmaki@state.pa.us
Cynthia Maki RD, MS 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:
jaboyer@state.pa.us
Philadelphia area WIC Offices

Aramingo
2401 E. Tioga Avenue A-4
Philadelphia, PA 19134
215 423-9597

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

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

Mayfair WIC Office
7255 Frankford Avenue
Philadelphia, PA 19135
(215) 543-9246, 9248

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

North Philadelphia
3141 Germantown Avenue
Philadelphia, PA 19133
(215) 229-3786

Opal Street
1927-35 W. Lehigh Avenue
Philadelphia, PA 19132
215 225-0860

Overbrook
5610 Lancaster Avenue
Philadelphia, PA 19131
Phone: (215) 477-3360, 3364

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

Woodland
1741 S. 54th Street
Philadelphia, PA 19143
(215) 726-1142, 1

• 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) ) or coordination of care
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**

   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 mkepniss@hotmail.com
   - Nikki Donecker  215-542-1154 Nikkimc@comcast.net

   **Family Breastfeeding Association (FBA)**
   - Washington Crossing PA 18977 (Bucks & Mercer counties)
   - Meetings held on the 3rd Wednesday of every month.
   - 888-322-1843 or 215-785-1843 (answering machine)
   - www.familybreastfeeding.org  Heidi Wilenius

   **La Leche League (LLL)**
   - 610-585-5541  www.llli.org
   - Kerri Klugewicz  kerriklugewicz@me.com
   - Exton, PA 19341
   - PA HELPLINE  610-666-0359
   - LLL International 877-4-LA-LECHE (877-452-5324)

   **North Penn Nursing Mothers (NP)**
   - Hatfield, PA 19440
   - 610-584-4013  Marilynn Boone
   - www.northpennnursingmothers.org

   **Nursing Mothers Advisory Council (NMAC)**
   - Serving areas of Bucks, Montgomery and Philadelphia counties.
   - HELPLINE (9 am–8 pm) 215-572-8044

   **Nursing Mothers’ Alliance (NMA)**
   - www.nursingmothersalliance.org
   - Weekly Meeting: JCs Fireside Bistro, 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.
   - Kay Hoover MEd, IBCLC, FILCA  State Breastfeeding Coordinator c-kahtoover@pa.gov

   **National Breastfeeding Helpline**
   - 1-800-994-9662  (TDD 1-888-220-5446)
   - LLL peer counselors answer 9–6 EST Monday through Friday
Mothers’ Support Groups by County and Zip Code

Philadelphia County

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

Abington NMAC  www.facebook.com/abington.nursing.moms
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
267-243-4939  Nicole Deming

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  mindfulIBCLC@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.org

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.
Health Center 5  1900 N. 20th Street  Mondays 8:30 to 12 noon
Health Center 6  321 W. Girard Avenue  Tuesdays 8 am to 11:30
Health Center 9  131 E. Chelten Avenue  Thursdays 10 am to 1:30 pm
Health Center 10  2230 Cottman Avenue  Thursdays 8am to 11:30

Maternity Care Coalition North Philly Breastfeeding Friendly Program
(starting July 2012)
Doula support; breastfeeding education, peer support groups
Naima Black  nblack@momobile.org

Maternity Care Coalition West Philadelphia MOMobile Healthy Start
4119 Lancaster Avenue, Philadelphia 19104  Thursdays 1-4 pm.
Sara Kietzman RN, CLC

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)

Other
Other specified follow-up exam  V67.59
(When the original reason for visit has resolved)

The three- to five-day visit

The AAP recommends1-3, this visit
• to assess jaundice in ALL infants, regardless of feeding method.
• to address other early feeding issues

For breastfeeding infants, the purpose of this visit is
• to assess weight, hydration and jaundice and
• to address the ability of the infant to:
1. Maintain hydration AND
2. Sustain growth and activity AND
3. Increase and maintain maternal production.

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

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

### Infant distress
- Fussy baby: 780.91
- Excessive crying: 780.92
- Infantile colic or intestinal distress: 789.07

### GI issues
- Abnormal stools: 787.7
- Diarrhea: 787.91
- Change in bowel habits: 787.91

### Mouth
- Ankyloglossia: 750.0
- High arched palate: 750.26

### Other
- Other specified follow-up exam: V67.59
  *(When the original reason for visit has resolved)*

**Mother**

### Breast & Nipple issues
- Abscess, Breast / Mastitis, infective: 675.14
- Blocked milk duct / Mastitis, interstitial: 675.24
- Breast engorgement, ductal: 675.24
- Burning pains, hyperesthesia: 782.0
- Ectopic or axillary breast tissue: 757.6
- Galactoceles: 676.84
- 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,
245 S. 8th St. between Locust & Spruce.

**Thomas Jefferson University Hospital**
215-955-6665 The Breastfeeding and Pumping Mothers Support Group
833 Chestnut Street, Family Medicine Conference Room, 3rd floor
Tuesdays at 12-1pm (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, 43, 44, 47, 49, 50, 63
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: 610-584-4013
18915, 18, 24, 36, 58, 62, 64, 68

**Warwick/Warminster Area Nursing Mothers (NMAC)**
189: 25, 29, 40, 54, 66, 74, 76, 80,19067
Monika Buczko mdbphoto@hotmail.com
Chester County

Chester Springs  co-sponsored with Paoli Hospital
1-866-CALL-MLH 1stand 3rd Tuesday every month 2-3 pm at
(1-866-225-5654) Hankin Library

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

Exton/Lionville LLL  Meetings: 2nd Wednesday monthly 7:30p

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

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

West Chester LLL  3rd Wednesday every month

For the locations of LLL Chester County meetings and other details, see the website: www.beanmom.com/laleche

Leaders: 610-399-3311 Barbara barbaradeem@hotmail.com
484-883-0572 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
610-675-7520 Jamie
610-585-5541 Kerri KerriKlugewicz@me.com

Kennett NM, INC.
19311I, 19317, 19330, 19348, 19350,19352,19360,19362-63, 19365, 19390
Warmline: 1-866-733-4NMI (4664)

North Penn Nursing Mothers  Warm line 610-584-4013
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 Elizabeth@wellbornbaby.com

Phoenixville/Downington/Coatesville 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


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 limpnness. Their metabolic by-products are bioactive.
- Demerol (meperidine) and Prozac (fluoxetine): 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 an 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 be fore 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

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

West Chester/Exton Area NMA
19344-42, 80, 82, 95  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

Delaware County

Greater Philadelphia Area LLLI Helpline: 610 666-0359

LLL Havertown
www.illusa.org/web/DelCoMainLinePA.html
610-667-9997  Stacey staceyamir@gmail.com
610-789-3032  Barb bhinski@hotmail.com

LLL Media
www.illusa.org/web/DelCoMainLinePA.html
610-892-9787  Barbara Crozier 19086 bcropet@hotmail.com
484-463-8456  Theresa theresa@littleturtleknits.com
610-892-9787  Barb bcropet@hotmail.com

The Birth Center
Rosemont @ Rosemont Plaza, 1062 E. Lancaster Ave, Room 20, Rosemont Pa Every other Thursday 9:30 – 12:30 pm
Patty Siegrist RN, IBCLC, facilitator 610-525-6106

Montgomery County

Abington Area NM NMAC www.facebook.com/abington.nursing.moms
19001, 06, 09, 12, 25, 27, 38, 40, 44, 46, 75, 90, 95
267-564-0938  Kinu Nardini  kinu.nardini@gmail.com
267-243-4939  Nicole Deming
**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.lllusa.org/web/DelCoMainLinePA.html
610-667-9997  Stacey Goldman  staceyamir@gmail.com
610-789-3032  Barb  bhinski@hotmail.com

**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
Every other Saturdays for currently working moms only: 1:30-2:30 pm
Clothier Living Room, Clothier Building

**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
610-584-4013  Marilynn Boone  dutch@nni.com

**Lansdale-North Wales NPNM**
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
610-251-9405  www.nursingmothersalliance.org

---

**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 (Levothryroxine)
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 (Metoclopramide) 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.)*

**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
215-412-4162 Eliza
267-252-1543 Jen
215-412-0417 Vincie

**Montgomery County East LLL**
www.illusa.org/web/MontgomeryEastPA.html
215-886-1693 Mary Ann Albert, Oreland
215-822-3964 Andy
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
nmapasub@yahoo.com

**On-line support**
TBC_BreastfeedingSupport-subscribe@yahooogroups.com
ONLY for mothers who delivered at the Bryn Mawr Birth Center.

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

http://forums.llli.org/index.php
La Leche League Mothers’ Forum
3. Hospital-Based Lactation Consultants/ Counselors

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

**Philadelphia County**

215-456-5751
Madeline Frith, LPN, IBCLC
Albert Einstein Medical Center
5501 Old York Road
Philadelphia, PA 19141

215-762-3908
215-688-8061 (cell)
Sabrina Raheem, CLC
sabrinassunflowers@gmail.com
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 Flugo, RN, LNS, IBCLC
Lori Carpenter, IBCLC
Jennifer Peterman, BSN, RN, IBCLC
Regimol Chacko, IBCLC
Hospital of the University of Pennsylvania
3400 Spruce St, Maternity
Philadelphia, PA 19104

Warmline: 215-829-3644
Debi Page Ferrarello, RN, MS, IBCLC, Director
215-829-5085
4 permanent staff
6 per diem
2 interns
Pennsylvania Hospital Solutions for Women
215-829-5046

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

**LactMed** (FREE on-line drug database)
Free App available for iPhones and Androids

**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.ttuhsc.edu/infantrisk
http://infantrisk.org
(806)-352-2519 Monday-Friday 8am-5pm central time.

**Use of Contrast Media and Lactation**
16. Safe Sources of Donor Human Milk

Human Milk Bank Association of North America
www.hmbana.org
(This professional association for milk banks in Canada, Mexico and the U.S., sets standards and guidelines for donor milk banking.)

The Mothers’ Milk Bank of Ohio
Grant Medical Center
Victorian Village Health Center
1087 Dennison Avenue
Columbus, OH 43201
614-544-0810
614-544-0812 Fax
gmorrow@ohiohealth.com

WakeMed Mother’s Milk & Lactation Center
3000 New Bern Avenue
Raleigh, NC 27610
919-350-8599
suevans@wakemed.org
www.wakemed.com/body.cfm?id=135

Children’s Hospital of Philadelphia has been a milk depot, providing donor human milk for their babies, since 2005. In 2012, Doylestown Hospital and the Hospital of the University of Pennsylvania started providing donor human milk for some premature infants.

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
Delaware County

610-525-6106
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

484-227-3252
Carol Kealey RN, IBCLC
Riddle Memorial Hospital
1520 High Meadow Lane
West Chester, PA 19380

Lehigh County

610-402-7264
Beth Kushner-Giovenco RNC, BSN, IBCLC
Jolie Maehrer RN,BSN, IBCLC
Jeanne Schevets RN, BSN, IBCLC
Lehigh Valley Hospital
Cedar Crest & I-78
Allentown, PA 18015

610-250-4332
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 Waitemeyer RNC, IBCLC
Chris Erland RN, IBCLC
St. Luke’s Bethlehem
801 Ostrum Street
 Bethlehem, PA  18015

610-628-8698
Patti Hari RN, IBCLC
Chris Erland, RN, IBCLC
St. Luke’s, Allentown
1736 Hamilton Street
Allentown, PA 18104

Women with large breasts

Nursing Tips
www.breastfeedingbasics.com/html/Large_Breasted_tips

Bras
www.decentexposures.com       www.harrietsinnerwear.com

Workplace Breastfeeding Information:

FMLA information

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/howtofilmcomplaint.htm
Where to file a complaint when an employer doesn’t provide accommodations for nursing employees.
Premature Infants

10 steps for breastfeeding premature infants
www.med.umich.edu/nursing/holden/lactationpremie.htm

California Perinatal Quality Care Collaborative

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


S.O.F.T.
A hospital practice to increase breastfeeding initiation.
www.llu.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

Montgomery County

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

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

610-644-8569
Peggy Weimar, RNC, CCE, IBCLC
Clinical Manager, Maternal & Newborn Services
Montgomery Hospital
3rd Floor Maternity
Norristown, PA 19401

610-270-2271
Services contracted to the
Breastfeeding Resource Center:
Lankenau Medical Center
100 East Lancaster Avenue
Wynnewood, PA 19096

610-595-2271
Services contracted to the
Breastfeeding Resource Center:
Holy Redeemer Hospital
1648 Huntingdon Pike
Meadowbrook, PA 19046
4. Community Lactation Consultant/Counselor Services (fee for service) (P) means Pumps are Rented and/or Sold

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 International Board Certified Lactation Consultant:  www.pro-lc.org
Find an International Board Certified Lactation Consultant outside this region: www.uslca.org
Find a Certified Lactation Counselor, Advanced Lactation Counselor or Advanced Nurse Lactation Counselor:  www.talpp.org

OFFICE APPOINTMENTS ONLY

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

215-590-1089  Breastfeeding Help Center  (cell) 267 231-9442
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

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
(Sliding scale)

215-453-4594  Phyllis Young, RN, CCE, IBCLC
Sellersville, PA 18960

215-590-1089  Breastfeeding Help Center  (cell) 267 231-9442
Susan Slear, RN, CCE, IBCLC
Langhorne, PA 19047
susan.slear@gmail.com

Outpatient Lactation Services
Paoli Hospital
484-565-8075

215-590-1089  Breastfeeding Help Center  (cell) 267 231-9442
Robin Frees, BA, IBCLC
Amy Siegrist, BS, IBCLC
www.newbornconcepts.com

610-544-1379 (P)  Amazing Newborn (P)
Judy Croathamel RNC, IBCLC
Skippack, PA 19474

National Organizations

Baby-Friendly Hospital Initiative, USA  www.babyfriendlyusa.org
California Department of Public Health  www.cdpd.ca.gov/healthInfo/healthyliving/childfamily/Pages/BirthandBeyondCaliforniaDescription.aspx
Hospital Breastfeeding Quality Improvement & Staff Training Project
Centers for Disease Control  www.cdc.gov/breastfeeding
Department of Health and Human Services  www.womenshealth.gov/breastfeeding
Healthy People 2020  www.healthypeople.gov/HP2020
March of Dimes (for statistics and information about preterm babies)  www.marchofdimes.com
United States Breastfeeding Committee  www.usbreastfeeding.org
WIC/ Food & Nutrition Services  www.nal.usda.gov/wicworks/Learning_Center/Breastfeeding_educational.html

Philadelphia/Pennsylvania Organizations

Maternity Care Coalition  www.momobile.org/breastfeeding
Pennsylvania Breastfeeding Coalition  www.pabreastfeeding.org
Pennsylvania Department of Health Breastfeeding Program  www.health.state.pa.us/breastfeeding
MotherBaby Summit Initiative http://www.motherbabysummit.com/PhillySummit.html

Postpartum Depression

Dr. Katherine-Kendall Tackett  www.UppityScienceChick.com
Postpartum Depression Support Network  215 481 4104

Medical Organizations and Billing

Academy of Breastfeeding Medicine (ABM)  www.bfmed.org
American Academy of Pediatrics (AAP)  www.aap.org/breastfeeding
Billing Codes:  www.icd9coding1.com/flashcode/home.jsp
**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

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

**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](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, Gujarati, French, Hindi, Mirpuri, Portuguese, 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](http://depts.washington.edu/pfes/cultureclues.htm)

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

- **Massachusetts Breastfeeding Coalition**  [http://massbfc.org](http://massbfc.org)

**On-Line College Education in Lactation**

- Maternal-Child Health: Union Institute and University
  Lactation Consulting, BS

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

**HOME VISITS**

Practitioners that travel to more than one county:

<table>
<thead>
<tr>
<th>Practitioner</th>
<th>Counties covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>610-444-4073</td>
<td>Chester, Delaware &amp; Wilmington</td>
</tr>
<tr>
<td>Suzanne Barton IBCLC</td>
<td></td>
</tr>
<tr>
<td>610-308-6925</td>
<td>Main Line, Philadelphia, Delaware</td>
</tr>
<tr>
<td>Johanna Berger MSW, IBCLC</td>
<td>Bala Cynwyd, 19004</td>
</tr>
<tr>
<td><a href="mailto:Johanna.berger64@gmail.com">Johanna.berger64@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>215-407-1422</td>
<td>Philadelphia, South Jersey</td>
</tr>
<tr>
<td>Lisa Broderick-Cohen, BFA, IBCLC, CLC</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:thebreastfeedinglady@gmail.com">thebreastfeedinglady@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>215-836-9088</td>
<td>Philadelphia, Montgomery</td>
</tr>
<tr>
<td>Liz Brooks JD, IBCLC</td>
<td>Wyndmoor, PA 19038</td>
</tr>
<tr>
<td>610-584-6111</td>
<td>Bucks, Montgomery, NE Phila</td>
</tr>
<tr>
<td>Judy Crouthamel RNC, BSN, IBCLC</td>
<td>Hatboro, 19040</td>
</tr>
<tr>
<td>610-316-9157</td>
<td>Delaware, Main Line,</td>
</tr>
<tr>
<td>Linda Derbyshire, IBCLC</td>
<td>Philadelphia, Montgomery</td>
</tr>
<tr>
<td><a href="mailto:lindaderby@verizon.net">lindaderby@verizon.net</a></td>
<td>Havertown, PA 19083</td>
</tr>
<tr>
<td>267-664-0759; 215-453-4265</td>
<td>Bucks and Montgomery</td>
</tr>
<tr>
<td>Linda Doherty RN, IBCLC</td>
<td>Perkasie, 18944</td>
</tr>
<tr>
<td>Grand View Home Care LC Visits</td>
<td></td>
</tr>
<tr>
<td>215-385-4657</td>
<td>Bucks and Montgomery</td>
</tr>
<tr>
<td>Hope Allyson Dwiggins MLS, IBCLC</td>
<td><a href="mailto:HADwigginsIBCLC@gmail.com">HADwigginsIBCLC@gmail.com</a></td>
</tr>
<tr>
<td>267-226-4884</td>
<td>Philadelphia, Main Line</td>
</tr>
<tr>
<td>Marlene Gawarkiewicz IBCLC</td>
<td><a href="http://www.marleneglcc.com">www.marleneglcc.com</a></td>
</tr>
<tr>
<td>267-456-2129</td>
<td>Philadelphia, Montgomery</td>
</tr>
<tr>
<td>Carrie Kimball BSN, RN, IBCLC</td>
<td><a href="mailto:ckmidwife@gmail.com">ckmidwife@gmail.com</a></td>
</tr>
<tr>
<td>(sliding scale)</td>
<td></td>
</tr>
<tr>
<td>215-635-6477</td>
<td>Philadelphia, Montgomery</td>
</tr>
<tr>
<td><a href="http://www.breastfeedingalwaysbest.com">www.breastfeedingalwaysbest.com</a></td>
<td>Craniosacral Therapy</td>
</tr>
<tr>
<td>Nikki Lee, RN, BSN, MS, IBCLC, CCE, CIMI, ANLC, CKC</td>
<td>Elkins Park 19027</td>
</tr>
<tr>
<td>610-551-9398 (P)</td>
<td>Philadelphia, Chester,</td>
</tr>
<tr>
<td>Elizabeth Larkin, IBCLC, CD (DONA)</td>
<td>Delaware, Montgomery</td>
</tr>
<tr>
<td><a href="http://www.wellbornbaby.com">www.wellbornbaby.com</a></td>
<td></td>
</tr>
<tr>
<td>610-299-8290 (P)</td>
<td>Chester, Delaware, N.Wilmington</td>
</tr>
<tr>
<td>Angela Leonard IBCLC, LCCE, CD (DONA)</td>
<td>West Chester, PA</td>
</tr>
<tr>
<td><a href="mailto:AngelalIBCLC@comcast.net">AngelalIBCLC@comcast.net</a></td>
<td></td>
</tr>
<tr>
<td>610-517-9552</td>
<td>Delaware, Main Line, Philadelphia</td>
</tr>
<tr>
<td>Lisa Mandell MBA, IBCLC</td>
<td><a href="mailto:lisa@best4both.com">lisa@best4both.com</a></td>
</tr>
<tr>
<td><a href="http://www.best4both.com">www.best4both.com</a></td>
<td></td>
</tr>
</tbody>
</table>
610-761-4974
Alison Neuhaus, MA, IBCLC, PCD (DONA)
asneuhaus@verizon.net

Delaware, Montgomery, Main
Line, Wilmington DE

610-644-1379 (P)
Newborn Concepts
Robin Frees BA, IBCLC, Director
www.newbornconcepts.co

Main Line, 422 Corridor, Chester

484-919-1027
Amy Siegrist BS, IBCLC
www.breastfeedingbond.com

Main Line and 422 Corridor
King of Prussia

267 231-9442 (P)
Susan Ann Slear RN, CCE, IBCLC, HBBI
www.BreastfeedingHelpCenter.com

Lower Bucks, Eastern
Montgomery, NE Philadelphia

215-248-0197
Carol Teneriello RN, IBCLC
milkyway4@verizon.net

Philadelphia, Montgomery

610-873-7496
Woo Care

Chester, Route 100 Corridor

267-342-1354
Geri Remy, IBCLC

Bucks, Montgomery

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

Philadelphia Department of Public Health FREE drop-in breastfeeding clinics:
Health Center 4 4400 Haverford Avenue Mondays 9 am to 1 pm
Health Center 5 1900 N. 20th Street Mondays 8:30 am to 12 noon
Health Center 6 321 W. Girard Avenue Tuesdays 8 am to 11:30
Health Center 9 131 E. Chelten Avenue Thursdays 10 to 1:30pm
Health Center 10 2230 Cottman Avenue Thursdays 8 am to 11:30 am.

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

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

Birthing From Within www.birthingfromwithin.org

BirthWorks www.birthworks.org

Childbirth and Postpartum Professional Association www.cappa.net

Coalition to Improve Maternity Services (CIMS) www.motherfriendly.org

Doulas of North America www.dona.org

Hypnobirthing www.hypnobirthing.com

International Birth and Wellness Project www.alace.org

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://www.palsdoulas.com/about-pals/ (Free doulas)

www.operationspecialdelivery.com
Free doulas for women whose husbands/partners are in the military
Amy Owen BS, CLD, CLC (Coordinator for PA/NJ/DE) 610-960-0968

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

Cornucopia Institute Formula Report
www.cornucopia.org/2008/01/replacing-mother-infant-formula-report
15. Selected Websites for Breastfeeding & Related Resources

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

Ban the Formula Discharge Bags  www.banthebags.org

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

Surgeon-General Regina Benjamin’s Call to Action:

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

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

Books, AV materials, videos, brochures

Childbirth Graphics/WRS Group  www.childbirthgraphics.com

Hale Publishing  www.ibreastfeeding.com

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

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

Breastfeeding/Lactation Organizations
(Offer courses, educational materials and conferences)

Healthy Children  www.healthychildren.cc

International Board of Lactation Consultant Examiners  www.ibcle.org

International Lactation Consultant Association  www.ilca.org

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

Breastfeeding Help Sites

Department of Health and Human Services  www.4woman.gov/breastfeeding

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

610-696-6511 or 610-517-7840  liljamier@yahoo.com
Germaine Weaver, RN, IBCLC
Neighborhood Visiting Nurses
West Chester, PA 19382

610-299-1038 (P)
dana@motherborn.com
Dana Ehman BA, 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

610-220-5537 (P)
Jackie Kelleher CLC

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

610-539-4476 (P)
diane@disandro.net
Diane DiSandro, BA, IBCLC
Aububon, PA 19403

610-409-5634 (P)
donna.eirich@live.com
Donna Eirich ALC, CLC, CD & PCD
610-613-6034

610-960-0968
amy@breathoflifedoula.com
Amy Owen BS, CLD, CLC

Berk 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

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 (for frenotomies)
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

Lisa Broderick-Cohen, BFA, IBCLC, CLC
215-407-1422
Moorestown, NJ 08057
thebreastfeedinglady@gmail.com

Private Practice Lactation Consultants

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

Elizabeth Corcory, 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) 448-4666
www.BreastfeedingSuccessNJ.com
(Camden, Cumberland, Gloucester, and Salem counties)

Anne Maria Capone, 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:

“Electric breast pumps are considered personal items”, can be carried on board, 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 2011

“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
www.nrdc.org/breastmilk/default.asp

“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.


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 receive some human milk along with 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 (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."
6. Related practitioners and Complementary Therapies

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

**Pediatric Allergist**

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

**Breast Surgeon:**

- Dahlia M. Sataloff MD 215-829-8461 (speaks Yiddish and French) Philadelphia, PA 19146
- Donna Angotti MD 215-657-5786 (Abington, PA)
- Marcia Boraas MD 215-728-3001 (Philadelphia, PA)
- Julia Tchou MD 215-615-5858 x 3 (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 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. Davison Smith MD 610-896-6800 ENT, Lankenau Hospital
- Penny Soppas MD, IBCLC 610-623-9080 ext 151 - push zero and ask for Madeline to schedule a Breastfeeding Medicine Appointment 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**: Start breastfeeding after 24 hours of effective therapy when syphilis is diagnosed (p. 457 and p. 922). (Thank you Kay Hoover, Med, IBCLC, RLC, FILCA) "Spirochetes are rarely identified in open lesions after more than 24 hours of appropriate treatment.”
- **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)

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 should 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......"

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
Jolaine Baran SLP Paoli Hospital 484-565-1063

Craniosacral therapists:
www.upledger.com click on “Find a Practitioner”

Infant Massage Instructors:
www.lovingtouch.com click on “Find an instructor”
www.infantmassagesusa.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 215-293-8800 Willow Grove, PA 19090

Radiologist to Read Mammogram in Lactating Woman:
Kimberly A. Kubek, MD 610-356-9030 Newtown Square, PA 19073
7. Medical 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
(602 S. Bethlehem Pike
Ambler, PA, 19002-5800
214-643-7771
Allstar Pediatrics
400 N. Gordon Drive, Exton, PA 19341
610-363-1330
Ambler Pediatrics
(602 S. Bethlehem Pike
Ambler, PA, 19002-5800
214-643-7771
Brandywine Pediatrics
3521 Silverside Road, #1F,
Wilmington, DE 19810-4917
302-478-8854
Center City Pediatrics
1740 South Street
Philadelphia PA 19146
215-735-5600
Drexel Hill Pediatrics
(Penny Soppas MD, IBCLC)
5030 State Rd # 2-900,
Drexel Hill, PA 19026
610-623-9080 - push zero and ask for
Madeline to schedule a Breastfeeding
Medicine Appointment
Drexel Hill Pediatrics
(Penny Soppas MD, IBCLC)
5030 State Rd # 2-900,
Drexel Hill, PA 19026
610-623-9080 - push zero and ask for
Madeline to schedule a Breastfeeding
Medicine Appointment

13. Scale Rental

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.

<table>
<thead>
<tr>
<th>Pounds</th>
<th>Ounces in 24 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.5</td>
<td>11 to 12</td>
</tr>
<tr>
<td>5</td>
<td>12 to 13</td>
</tr>
<tr>
<td>5.5</td>
<td>14</td>
</tr>
<tr>
<td>6</td>
<td>15</td>
</tr>
<tr>
<td>6.5</td>
<td>16 to 17</td>
</tr>
<tr>
<td>7</td>
<td>17 to 18</td>
</tr>
<tr>
<td>7.5</td>
<td>19</td>
</tr>
<tr>
<td>8</td>
<td>20</td>
</tr>
</tbody>
</table>

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.
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 77º 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 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 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. Use a permanent marker to write your baby’s name and the date the milk was collected on the label; this will prevent the ink from smudging when the bottle is thawed.

8. Business Case for Breastfeeding Assistance

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
Abington, PA 19001

Lisa Broderick-Cohen BFA, IBCLC
Moorestown, NJ, 08057
215-407-1422
lisa@mindful-mothering.com

Elizabeth Brooks JD, IBCLC, FILCA
Wyndmoor, PA, 19038
215.836.9088
liz.brooks@yahoo.com

Diane DiSandro BA, IBCLC
Auburn, PA, 19403
610.539.4476
diane@disandro.net

Linda Derbyshire BS, IBCLC
Havertown, PA 19083
610-316-9157
lindaderby@verizon.net

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

Robin Frees, BA, CHT, IBCLC
Malvern, PA 19355
610 644 1379
rglyphicon@aol.com

Karen Kurtz BSOT, IBCLC
Turnersville, NJ, 08012
(856) 448-4666
karen@breastfeedingsuccessNJ.com

Lisa Mandell MBA, IBCLC
Havertown, PA, 19083
610.517.9552
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

Carol Teneriello RN, IBCLC
Philadelphia, PA
215-248-0197
milkyway4@verizon.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

Breastfeeding classes offered: a one day class on a weekend day. Breastfeeding incorporated into this class. Prenatal class is offered: a one day class on a weekend day. 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

Breastfeeding classes offered: a one day class on a weekend day. Breastfeeding incorporated into this class. Support people are welcome.

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

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.

12. Most insurance companies will pay for a hospital-grade pump for at least one month. Ask your neonatologist to write a prescription in the baby's name for a hospital-grade, double electric pump.

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.

12. Most insurance companies will pay for a hospital-grade pump for at least one month. Ask your neonatologist to write a prescription in the baby's name for a hospital-grade, double electric pump.
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

Bucks County

215-345-2121
Doylestown Hospital
595 West State Street
Doylestown, PA 18901
Prenatal classes. Register by phone or at www.dh.org.
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. $20
7-9pm in community room. Returning to work class 4 times/year. $10

215-710-6667
St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047
First Monday of the month 7:30-9:30 $10, Pre-registration is required.

610-584-6111
Judy Crouthamel, RNC, BSN, IBCLC
143 West Lehman Avenue
Hatboro, PA 19040

Chester County

610-728-2581, 2582
1-866-CALL-MLH
Chester County Hospital
701 East Marshall Street
West Chester, PA 19380
Contact Michelle Quigley

610-983-1295
Cathy Kandler, RN, IBCLC
Phoenixville Hospital
140 Nutt Road
Phoenixville, PA 19460
A breastfeeding class is offered every six weeks. $15

610-644-1379
NewBorn Concepts
www.newbornconcepts.com
Delaware County

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

610-605-7304
Kelly Durbin
www.momimethod.com

610-891-3759, 1-866-225-5654
Riddle Memorial Hospital
Carol Kealy RN, IBCLC
Class offered every other month
Fee $20

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
Paoli 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.

1-800-818-4747 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

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

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

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

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

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

610-220-5537
Jackie Kelleher CLC
Media, PA 19063

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

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

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Numbers</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amazing Newborn</td>
<td>215-345-2200, ext 4637</td>
<td>595 West State Street, Doylestown, PA 18901</td>
</tr>
<tr>
<td>Skippack, Pa 19747</td>
<td>215-345-2864 (Medela)</td>
<td>Doylestown Hospital Breathing Support Services</td>
</tr>
<tr>
<td>215-491-0502</td>
<td>215-345-2864</td>
<td></td>
</tr>
<tr>
<td>Cathy La Torre Warrington, PA 18976</td>
<td>595 West State Street</td>
<td>Doylestown, PA 18901</td>
</tr>
<tr>
<td>215-710-6667</td>
<td>908-788-6335</td>
<td>Hunterdon Medical Center 2100 Wescott Drive</td>
</tr>
<tr>
<td>1201 Langhorne-Newtown Road</td>
<td>908-788-6335</td>
<td>Flemington, NJ 08822</td>
</tr>
<tr>
<td>Langhorne, PA 19047</td>
<td>267-994-4513</td>
<td>Lisa Petrino</td>
</tr>
<tr>
<td>215-295-0158 (Hollister)</td>
<td>267-994-4513</td>
<td>Yardley, PA 19067</td>
</tr>
<tr>
<td>Debra Manella</td>
<td>215-757-6006</td>
<td>Breastfeeding Help Center Langhorne, PA 19947</td>
</tr>
<tr>
<td>Morrisville, PA 19067</td>
<td>215-757-6006</td>
<td></td>
</tr>
<tr>
<td>215-249-4600</td>
<td>215-757-6006</td>
<td></td>
</tr>
<tr>
<td>Grand View Medical Company</td>
<td>215-757-6006</td>
<td></td>
</tr>
<tr>
<td>161 N. Main St.</td>
<td>215-757-6006</td>
<td></td>
</tr>
<tr>
<td>Dublin, PA 18917</td>
<td>215-757-6006</td>
<td></td>
</tr>
</tbody>
</table>

### Chester County

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Numbers</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jennifer Neely</td>
<td>610-254-8300</td>
<td>Nursing Mother Supplies Devon, PA 19333</td>
</tr>
<tr>
<td>Amy Siegrist, BS, IBCLC</td>
<td>610-399-0742</td>
<td>(Ameda)</td>
</tr>
<tr>
<td>610-644-1379</td>
<td>610-399-0742</td>
<td></td>
</tr>
<tr>
<td>Dana Ehman</td>
<td>610-917-9797</td>
<td>Newborn Concepts Malvern, PA 19355</td>
</tr>
<tr>
<td>Kim Feindt</td>
<td>215-299-1038</td>
<td></td>
</tr>
<tr>
<td>Newborn Concepts Malvern, PA 19355</td>
<td>215-249-4600</td>
<td></td>
</tr>
<tr>
<td>610-692-0304</td>
<td>610-254-8300</td>
<td></td>
</tr>
<tr>
<td>Medical Home Care</td>
<td>610-399-0742</td>
<td></td>
</tr>
<tr>
<td>202 Conestoga Rd.</td>
<td>610-399-0742</td>
<td></td>
</tr>
<tr>
<td>Wayne, PA 19087</td>
<td>610-399-0742</td>
<td></td>
</tr>
</tbody>
</table>

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

### Additional Notes
- Part II - Addresses techniques for the collection and storage of breast milk. A variety of breast pumps will be demonstrated.
- $10/couple/class
10. Pumps and Breastfeeding Equipment

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

Some insurance companies reimburse for electric breast pump rental when a breastfeeding baby is hospitalized. 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

**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

**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

**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**

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philadelphia County</td>
<td></td>
</tr>
</tbody>
</table>
| 267-426-5325 (Medela) | Children’s Hospital of Philadelphia  
34th and Civic Center Blvd.  
Philadelphia, PA  
215-982-5046 (Medela)  
Pennsylvania Hospital  
4 Preston Nurses’ Station  
800 Spruce Street  
Philadelphia, PA 19107  |
| 215-955-6665 (Holister) SALES only (no rentals) | Thomas Jefferson University Hospital  
111 S. 11th Street  
Suite 1900, 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  |
| 610-548-6111 | www.breastfeedingalliance.com  
Judy CrouthamelRNC, 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  |