



# Philadelphia Breastfeeding Resource Handbook 2008 Supplement



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

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*

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## About the Philadelphia Breastfeeding Resource Handbook 2007 Supplement

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

- Where can I send a woman for more breastfeeding help than I can give to her right now?
- Where can I find a pump for a mother?
- How can a mother get special help for a breastfeeding problem?
- How do I bill for lactation services?

This Supplement includes the first chapters of the larger and more comprehensive Philadelphia Breastfeeding Resource Guide. The Supplement contains information that changes regularly, such as names of volunteer breastfeeding counselors. The bigger Guide will be updated less frequently, as much of its information does not change quickly.

Nikki Lee, RN, MSN, IBCLC, ICCE, and Marjorie Scharf, RD, MPH, created the original Philadelphia Breastfeeding Resource Handbook in 1992, inspired by Holly Lucard, BA, IBCLC, who organized information about breastfeeding resources in the Philadelphia area. Special thanks to Kay Hoover, M.Ed, IBCLC, who, for 13 years, served Philadelphia and the surrounding five-county area with selfless dedication, love and the highest level of professional practice.

Send updates and corrections to:

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Lactation Consultant  
Division of Maternal, Child and Family Health  
1101 Market Street, 9th Floor  
Philadelphia, PA 19107  
Nikki.Lee@phila.gov  
215-685-5237  
FAX 215-685-5257

assistant, (e.g., a nurse, health educator, or lactation consultant) can be billed two ways.

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

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

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

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

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

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

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

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).

\*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

## **About Breastfeeding**

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- Breastfeeding is the natural, healthy, clean way to feed a baby, a toddler or a child. It is the natural basis for infant growth, development and health. Breastfeeding builds a special closeness between a mother and her baby.
- Formula use is a risk factor for developing obesity and diabetes.
- Formula use increases an infant's risk of developing immunologic disorders and infectious diseases, including gastroenteritis and upper respiratory infections.
- 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 using human milk, a sustainable natural resource, approximately 375 liters of breastmilk substitutes will not have to be purchased (by households or by governments) per infant every two years.
- Human milk is a renewable resource. Human milk substitutes must be produced, packaged and transported; waste from production and packaging must be discarded.
- Breastfeeding is on the rise. The percentage of women breastfeeding is increasing.

## United States Breastfeeding 2005 Statistics

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|                    |                 |                  |
|--------------------|-----------------|------------------|
| U.S. National Rate | Any: 72.9± 0.9% |                  |
| Pennsylvania Rate  | Any: 69.3± 5.1% |                  |
|                    | <u>6 months</u> | <u>12 months</u> |
| National Duration  | 39.1±0.9%       | 20.1±0.8%        |
| PA Duration        | 37.5±5/2%       | 20.1±4/1%        |
|                    | <u>3 months</u> | <u>6 months</u>  |
| Exclusive Rates    |                 |                  |
| National           | 38.7±1.0%       | 13.9±0.7         |
| PA                 | 38.0±5.3%       | 14.5±4.0%        |

\* *the Centers for Disease Control and Prevention:*  
*www.cdc.gov*

## Philadelphia Breastfeeding Initiation 2004 Statistics (9 hospitals)

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Mothers self-reported breastfeeding on birth certificates:

|           |                               |
|-----------|-------------------------------|
| Yes       | 39.69% (range 6.74% to 63.65) |
| Undecided | 11.18%                        |
| No        | 49.12%                        |

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 timebased 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:

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

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

### Consultations

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

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

## 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 is documented for the code selected.*

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

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

*Note:* Some insurers do not accept the modifier 25.

## Billing for any clinician's visit based on time

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

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

## 1. WIC Offices and Breastfeeding Counselors

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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, give her the WIC office information. WIC enrollment is based on the entire income in the household and the number of people in the family. Middle-income families may be eligible as well as the poor. Once the mother is enrolled, she may be referred to Lisa Volpe for a breastpump.

WIC encourages breastfeeding women to exclusively breastfeed; they are given carrots and canned tuna in addition to the milk, eggs, cheese, juice, cereal and peanut butter or beans. Women that exclusively breastfeed do not receive any supplemental formula.

Philadelphia WIC encourages women to continue to breastfeed when they return to work or school and will provide Hollister Purely Yours breast pumps. The guidelines for the pump distribution include a letter from the employer or school stating that the woman is returning to work or school and also to have a class with the pump manager at WIC.

Lisa Volpe, breastfeeding counselor  
215-978-6100 ext. 22

Electric breast pump rental available by calling cell phone 215-913-9199

## Philadelphia WIC Offices

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### **Aramingo**

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

### **Frankford Avenue**

4806 Frankford Avenue  
Philadelphia, PA 19124  
215 533-9937, 9276

### **Germantown Avenue**

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

### **Health Center #3**

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

### **Health Center #5**

1900 N. 20<sup>th</sup> Street  
Philadelphia, PA 19121  
215 765-8481, 1828

### **Kensington**

3045-47 Kensington Avenue  
Philadelphia, PA 19134  
215 426-6801,6803

### **Lehigh Avenue**

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

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

### **A. 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:

-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.

### **B. 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)

1. American Academy of Pediatrics, Subcommittee on Hyperbilirubinemia. Management of hyperbilirubinemia in the newborn infant 35 or more weeks of gestation. *Pediatrics*. 2004;114:297-316
2. American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine. Recommendations for Preventive Pediatric Health Care. *Pediatrics*. 2000;105:645
3. American Academy of Pediatrics, Committee on Fetus and Newborn. Hospital stay for healthy term newborns. *Pediatrics*. 1995;96:788-790

- 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

**Mobile Unit**

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

**North Philadelphia**

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

**Northeast**

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

**Olney/Logan**

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

**Roxborough**

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

**South Philadelphia**

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

**West Philadelphia**

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

**Woodland Avenue**

1741 S. 54<sup>th</sup> Street  
Philadelphia, PA 19143  
215 726-1142, 1143

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

## 2. Community Support Organizations

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Local breastfeeding support organizations offer groups that meet on a monthly basis. The meetings focus on topics relevant to breastfeeding and parenting. Volunteer, trained breastfeeding counselors provide information and support of a non-medical nature via telephone.

Zip codes next to the name of the group make it easy to find the closest group.

|  |
|--|
| <p><b>KEY:</b><br/>ref = referrals<br/>l=leader<br/>GC=group coordinator<br/>cc=chapter coordinator<br/>co-cord=co-coordinator</p> |
|--|

### **Ambler Nursing Mothers (Independent)**

Lafayette Hill, PA 19444  
Deb.fisher@verizon.net  
traciclapham@verizon.net

### **Family Breastfeeding Association (FBA)**

P.O. Box 454,  
Langhorne PA 19047  
215-785-1843 (answering machine)

### **La Leche League (LLL)**

610-363-6206  
Judy Polley  
Exton, PA 19341  
JAPolley@verizon.net  
PA HOTLINE 610-666-0359  
LLL International 877-LA-LECHE  
www.lalecheleague.org

### **North Penn Nursing Mothers (NP)**

Hatfield, PA 19440  
215-368-1573 Marilyn Boone

## **Lactation**

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

### **The three- to five-day visit**

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

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

For breastfeeding infants, the purpose of this visit is

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

This assessment usually includes:

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

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

**Infant distress**

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

**GI issues**

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

*Mother***Breast issues**

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

**Nipple**

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

**Constitutional**

Disrupted sleep cycle 780.55  
 Fatigue 780.79

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

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

**Nursing Mothers' Alliance (NMA)**

P.O. Box 882  
 Exton PA 19341  
 610-251-9405  
 www.nursingmothersalliance.org

**Nursing Mothers' Network (NMN)**

P.O. Box 151, Springfield PA 19064  
 610-626-0220 (answering machine)

**Nursing Mothers, Inc. (NM, INC.)**

www.Nursingmoms.org  
 P.O. Box 5462  
 Wilmington DE 19808  
 (Kennett, West Grove)  
 302-733-0973 (answering machine)

**Pennsylvania Department of Health**

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

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

## Philadelphia County

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### Abington NMAC

19111, 15-16, 20, 26, 34, 49, 52

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

215-885-8683 Claire Hays (ref)  
totherescue@comcast.net  
215-885-7255 Louisa Brandenberger (co-cord)  
215-830-0247 Jen McClure (co-cord)

### Center City Philadelphia LLL

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

215-629-5873 Joanne Laub (I),  
joanne.laub@verizon.net  
215-222-1740 Marlene Gawarkiewicz (I)  
MJGAWARK@aol.com  
856-727-5042 Lisa Cohen (I)  
Fashionslave1@aol.com  
215-735-9732 Kateri Thaler (I)  
Kate@wearingbaby101.com

### Maternal Wellness Center

606 Carpenter Lane, Philadelphia, PA 19119

215-713-2666 Kathleen Furin  
maternalwellness@yahoo.com

The Maternal Wellness Center is a non-profit organization whose mission is to support, educate and empower women and families during their transition to parenthood. From pre-conception through the early child-rearing years, MWC conducts a variety of educational and information activities to promote and support positive, healthy choices and outcomes. Meets the third Thursday morning of each month; *lactation*

### 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.

### Commonly used ICD-9-CM codes

#### *Baby*

#### Feeding problems

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

#### Jaundice

|                     |        |
|---------------------|--------|
| Breastmilk jaundice | 774.39 |
| Neonatal jaundice   | 774.6  |
| Preterm jaundice    | 774.2  |

#### Weight and hydration

|                       |        |
|-----------------------|--------|
| Dehydration, neonatal | 775.5  |
| Weight loss           | 783.21 |
| Underweight           | 783.22 |
| Slow weight gain, FTT | 783.41 |
| Rapid weight gain     | 783.1  |

As well as all the diagnoses associated with size and maturity.

## 16. AAP Guide to Billing

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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/PDF/coding.pdf> and comes from the AAP Section on Breastfeeding, Supporting Breastfeeding and Lactation: The Primary Care Pediatrician's Guide to Getting Paid, Elk Grove Village, IL 2006.

### **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 or education
- 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.

*counselor sees mothers for free (if financial criteria are met) or for a charge.*

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

19038, 19118-9, 19127-29, 19138, 19144, 19444  
(can also take if needed: 19140-41, 19150)

215-884-3591      Shannon Geary  
sgeary@gmail.com  
215-247-7171      Emily Silverman  
silemi@aol.com

### **Mt. Airy LLL**

215-843-3177      Laura Williams (I)  
laura.anne@earthlink.net  
215-753-8755      Natasha Kassell-Osborne (I)  
215-844-2041      Marta Rose (I)  
martajulie@yahoo.com

### **Northwest Philadelphia LLL**

19118-9, 19127-29, 19131-2, 19138, 19140-1, 19144, 19150  
215-849-6189      Angela Hunt-Puyear (I),  
angieHP@msn.com

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

215-829-3644

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

## Bucks County

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

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

215-348-0215      Lara Hartin  
glhartin@yahoo.com

### **Doylestown LLL**

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

215-616-4473      Susanne Starkman (I)

### **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, 54, 19007, 020, 030, 047, 053, 054, 055, 056, 057,  
058 ,059, 067

215-750-6988      Francine McGonagle (ref),  
215-785-1843      Answering Machine for referrals

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

18925, 29, 54, 66, 74, 76

215-343-1834      Michelle Haffey  
seashel3@verizon.net

215-489-2582      Monica Baxter  
monb1@verizon.net

### **Yardley-Newtown LLL 19067**

215-295-2757      Katie Holstrom (I)  
Katieholstrom@comcast.net

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

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

### *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 3 hours before surgery and resume as soon as the infant can tolerate anything by mouth.

*Laxatives (Short term use is okay)*

Colace  
Dulcolax (Bisacodyl)  
Metamucil  
Peri-Colace  
Senokot (Senna)  
Surfak (Docusate Calcium)

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

Aspirin\*\*      Ibuprofen is preferred.  
Methergine  
Phenobarbital\*\*      Observe the infant for sedation, and measure serum levels in the infant  
Prednisone  
Reglan (Metaclopramide) May improve lactogenesis, but evidence is weak. Increases risk of postpartum depression.

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

*Drugs whose Effect on Breastfeeding Infants are Unknown and May be of Concern  
(Infant blood levels may be monitored.)*

Demerol and Prozac (meperidine and fluoxetine)  
Metabolic by-products are bio-active.  
Flagyl (metronidazole) one-time 2 gram dose, pump and dump for 12 to 24 hours  
SSRI (Celexa, Luvox, Paxil, Prozac, Zoloft)  
Valium (Diazepam).

*Birth Control*

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

215-295-5784      Kami Schaal (I)  
kschaalrn@comcast.net  
215-348-2422      Lynn DeAngelis  
lynn.deangelis@comcast.net

**St. Mary Medical Center 19047**

215-750-5988

The Breastfeeding Support Group meets every Wednesday from 11 am to 12:30 pm.

**Chester County**

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**Downingtown LLL**

610-363-6206      Judy Polley (I), Exton 19341  
JAPolley@verizon.net  
610-942-7045      Jennifer Moquin (I) 19343  
beanmom@kjsl.com

**Exton/Lionville LLL**

610-942-7045      Jennifer Moquin (I) 19343  
beanmom@kjsl.com  
610-363-6206      Judy Polley (I) 19341  
JAPolley@verizon.net  
610-696-2152      Kerri Klugewicz 19380  
KerriKlugewicz@msn.com

**Glenmoore-Elverson LLL**

610-942-7045      Jennifer Moquin (I) 19343  
beanmom@kjsl.com  
610-363-6206      Judy Polley (I) 19341  
JAPolley@verizon.net  
610-518-2404      Mary Lamb (I) 19335  
marylamb@comcast.net  
610-321-0319      Kristina Pasquale 19343  
KLPasquale@comcast.net

**Kennett NM, INC.**

19317, 18, 48, 50, 57, 66, 74, 75

610-444-2357 Wendy Fish 19348

**Southern Chester County LLL**610-869-4845 Nancy Michel (I) 19390  
nanpantz@mac.com**Wayne/Paoli NMA**19010, 19035, 19085, 19087, 19301, 12, 33, 19405, 19406,  
19401, 19428, 19355, 19380, 19425610-251-9405 Warmline  
www.nursingmothersalliance.org

610-254-8300 Jennifer

**West Chester Area NMA**

www.nursingmothersalliance.org

610-344-7275 Judy Jeffords-Homitz (ref) 19380  
610-251-9405 Warmline**West Chester LLL**610-363-6206 Judy Polley (I) 19341  
JAPolley@verizon.net610-918-8324 Dana Ehman (I) 19382  
ehmanfamily@yahoo.com**West Grove NM, INC.**

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

610-932-2432 Dawn Regan  
610-932-2724 Laura Chambers**New Castle County, DE LLL**302 838-8828 Karen Kolek (I) 19701  
khkolek@comcast.net*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  
Apresoline (Hydralazine)  
Observe infant for hypotension, sedation, and  
weakness.  
Inderal (Propranolol)  
Observe infant for decreased breathing, low  
blood sugar, and weakness.  
Trandate or Normodyne (Labetalol)  
Observe infant for hypotension, apnea, and  
bradycardia.  
Procardia (Nifedipine)*Anti-inflammatory*Advil, Motrin, Nuprin (Ibuprofen)  
Naproxen (Naprosyn)*Bronchodilator*Aminophylline (Theophylline)  
Not contraindicated, but may cause irritability in the  
nursing infant.  
Brethine (Terbutaline)  
Proventil, Ventolin (Albuterol)*Cardiac Glycoside*

Digoxin

*Thyroid Supplement*Synthroid (Levothyroxine)  
Propylthiouracil (PTU)  
Insufficient data for doses over 450 mg daily.  
Monitor infant's blood count)

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

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

### *Analgesic (\*with narcotic) [See Anti-inflammatory]*

Darvocet (Propoxyphene)\*

Methadone\*

Morphine\*

Percocet (Acetaminophen and Oxycodone)\*

Tylenol (Acetaminophen), Tylenol with Codeine\*

Ibuprofen (Advil, Motrin)

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

### *Antacids*

Pepcid (Famotidine)

Tagamet (Cimetidine)

Zantac

### *Antimicrobial*

Amoxicillin

Ampicillin

Ancef, Kefzol (Cefazolin)

Diflucan (Fluconazole)

Flagyl (Metronidazole)

Gentamicin

Keflex (Cephalexin)

Unasyn (ampicillin + Sulbactam)

Zithromax (Azithromycin)

### *Anticoagulant*

Coumadin (Warfarin)

Heparin

### *Anticonvulsant*

Dilantin (Phenytoin)

Magnesium Sulfate

## Delaware County

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

### **Ardmore LLL**

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

610-667-9997

Stacey Goldman (I) 19066

staceyamir@gmail.com

610-896-3170

Cathy Young (I) 19096

ctheyoung@aol.com

610-789-7554

Lisa Mandell (I) 19083

dondell@gmail.com

### **Delaware County West LLL**

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

(Media, Swarthmore, Springfield)

610-892-9787

Barbara Crozier (I) 19086

bcropet@hotmail.com

484-461-9199

Theresa Belville (I) 19018

littleturtle01@rcn.com

### **Delaware County Toddler LLL**

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

610-892-9787

Barbara Crozier (I) 19086

bcropet@hotmail.com

484-461-9199

Theresa Belville (I) 19018

littleturtle01@rcn.com

### **Delaware County Central LLL**

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

610-328-3475

Connie Gower (I) 19064

gowerfamily@comcast.net

610-325-3173

Joan Diemer (I) 19073

aatrmsm@comcast.net

### **Nursing Mothers' Network of DC Warmline:**

610-626-0220

## Montgomery County

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### Abington Area NM NMAC

19001, 12, 25, 27, 38, 46, 75, 90, 95, 19006, 09, 40, 44

215-885-8683 Claire Hays (ref)  
totherescue@comcast.net  
215-830-0247 Jen McClure (co-ord)  
215-885-7255 Louisa Brandenburger (co-ord)

### Ambler Nursing Mothers

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

215-654-5227 Debby Fisher (ref)  
Deb.fisher@verizon.net  
215-643-3572 Heather Rudalavage

### Ardmore LLL

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

610-667-9997 Stacey Goldman (I) 19066  
staceyamir@gmail.com  
610-896-3170 Cathy Young (I) 19096  
cthyoung@aol.com  
610-789-7554 Lisa Mandell (I) 19083  
dondell@gmail.com

### Ardmore, Overbrook, Havertown Nursing Mothers Network

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

610-626-0220

### 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

## 14. Drug Information Centers: For Healthcare Professionals ONLY

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### American Academy of Pediatrics

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

### Breastfeeding and the Use of Human Milk

(policy statement)

PEDIATRICS Vol.115 No. 2 February 2005, pp. 496-506

(doi:10.1542/peds.2004-2491)

<http://aappolicy.aapublications.org/cgi/content/full/pediatrics;115/2/496>

### Crozer-Chester Medical Center

610-447-2851

Drug Information Center

One Medical Center Boulevard

Upland, PA 19013

### LactMed (drug database)

<http://toxnet.nlm.nih.gov/cgi-bin/sishtmlgen?LACT>

### The Lactation Center at the University of Rochester Medical Center

585-275-0088

### Medications & Mothers' Milk: A Manual of Lactational Pharmacology (paperback)

By Thomas W. Hale, PhD

Fabulous reference book, updated every two years

### Transfer of Drugs and Other Chemicals into Human Milk

<http://aappolicy.aapublications.org/cgi/content/full/pediatrics;108/3/776>

## 13. Local Milk Banks

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### **The Mothers' Milk Bank of Ohio**

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

614-544-0811  
614-544-0812 Fax  
gmorrow@ohiohealth.com

### **WakeMed Mother's Milk & Lactation Center**

3000 New Bern Avenue  
Raleigh, NC 27610

919-350-8599  
bmoore@wakemed.org  
suevans@wakemed.org  
mbradshaw@wakemed.org  
www.wakemed.com/body.cfm?id=135

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

Another source of human milk for babies in NICU:

www.prolacta.com

1. 100% Human Milk Fortifier – 4 different strengths:  
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)

### **Central Montgomery County LLL**

610-287-2794 Karen Meade (I) 19473  
kmeade@comcast.net  
215-412-4162 Eliza Magland (I) 19446  
elllemag@yahoo.com  
215-513-0512 Jeanne Redmond (I) 19438  
bruceredmond@comcast.net

### **Harleysville NM NP**

18054, 74, 76, 84, 18918, 24, 58, 60, 62, 64, 69, 19423, 26, 30, 35, 38, 43, 50, 51, 74, 78

215-368-1573 Marilynn Boone (cc & ref) 19440  
dutch@nni.com

### **Lansdale-North Wales NM NP**

18915, 36, 19440, 46, 54

215-412-1735 Cindy Leahy  
paoche@erols.com

### **Montgomery County East LLL**

www.illusa.org/web/MontgomryEastPA.html

215-886-1693 Mary Ann Albert (I), Oreland 19075  
bomaph1@comcast.net  
215-675-9166 Mary Durkin (I), Hatboro 19040  
joemarydelia@juno.com  
215-822-3964 Andrea Mehrotra (I) 19446  
dandyhome@comcast.net  
215-947-3564 Lori Odhner (I) 19009  
LoriOdhner@yahoo.com

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

19320, 44, 55, 19403, 25-26, 32, 41, 53, 55, 60, 54, 68, 73, 75, 81

www.nursingmothersalliance.org

610-251-9405 Warmline

**Wayne/Paoli NM NMA**

19010, 19035, 19085, 19087, 19301, 12, 33, 19405, 19406,  
19401, 19428, 19355, 19380, 19425

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

610-251-9405

Warmline

**Wellstart**

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

**WIC/Food & Nutrition Services of the USDA**

[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

**Working and breastfeeding**

[www.workingmother.com/100best/companies/cigna.html](http://www.workingmother.com/100best/companies/cigna.html)

**World Alliance for Breastfeeding Action (WABA)**

[www.waba.org.my](http://www.waba.org.my)

**World Health Organization (WHO)**

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

**National Center for Health Statistics**

[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

**National Center for Biotechnology Information**

[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)

**Nat'l Center for Education in Maternal & Child Health**

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

**National Guideline Clearinghouse**

[www.guidelines.gov](http://www.guidelines.gov)

**National Women's Health Information Center**

[www.4woman.gov](http://www.4woman.gov)

**Nursing Mothers' Advisory Council**

[www.nursingmoms.net](http://www.nursingmoms.net)

**Pennsylvania Breastfeeding Coalition**

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

**Pennsylvania Breastfeeding Program**

[www.health.state.pa.us/breastfeeding](http://www.health.state.pa.us/breastfeeding)

**Pharmasoft Publishing**

[www.iBreastfeeding.com](http://www.iBreastfeeding.com)

**Pharmacology**

[www.perinatalpub.com](http://www.perinatalpub.com)

**Philadelphia Breastfeeding Resource Handbook**

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

**PubMed (articles)**

[www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed)

**UNICEF - United Nations Children's Fund**

[www.unicef.org/newsline/bfhi.htm](http://www.unicef.org/newsline/bfhi.htm)

**United States Breastfeeding Committee**

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

### 3. Breastfeeding Classes

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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. Classes are taught by certified lactation professionals.

#### Philadelphia County

215-456-5879

Department of Obstetrics and Gynecology

*Albert Einstein Medical Center*

5401 Old York Road

Philadelphia, PA 19141

Prenatal classes are offered on an ongoing basis.

215-248-8197

Deborah Roberts

Prenatal Education Department

*Chestnut Hill Hospital*

8835 Germantown Avenue

Philadelphia, PA 19118

A breastfeeding class is offered every month on the 3rd Tuesday from 7:00-9:00 p. m. Registration is required. \$15

215-762-3342

Registrar: Sally Tyson

Instructors: Christine Ilik and Georgette Bartell

*Hahnemann University Hospital*

Broad and Vine Streets

Philadelphia, PA 19102

Once a month, 3rd Wednesday evening, 7-9:00 pm, \$20

215-662-3243

1-800-789-PENN

Sue Stabene

*Hospital of the University of Pennsylvania*

3400 Spruce Street

Philadelphia, PA 19104

Every 6 weeks a 2-1/2 hour class.

Two classes are offered regularly:

- Basic Breastfeeding
- Breastfeeding and the Working Mother

215-829-5020

*Pennsylvania Hospital*

800 Spruce Street

Philadelphia, PA 19107

rodrigum@pahosp.com

Prenatal breastfeeding class presented monthly.

Breastfeeding support group meetings are free and open to the community:

- Monday at 12:30
- Older babies group meets the first Thursday of every month at 12:30

For information on support groups call: 215-829-3644

215-955-6713

1-800-JEFF

Terry O'Brien

Parent Education Coordinator

*Thomas Jefferson University Hospital*

111 South 11th Street

Philadelphia, PA 19107

1-800-818-4747

Colette Acker

*Holy Redeemer Hospital*

1648 Huntingdon Pike

Meadowbrook, PA 19046

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

### **Healthy Children**

[www.healthychildren.cc](http://www.healthychildren.cc)

### **Hollister**

[www.Hollister.com](http://www.Hollister.com)

### **Human Milk Banking Association of North America**

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

### **Int'l Board of Lactation Consultant Examiners**

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

### **Int'l Childbirth Education Assn.**

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

### **Int'l Lactation Consultant Association**

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

### **La Leche League International (LLLI)**

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

### **LactMed (drug database)**

<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

### **Lactnet (listserv for lactation professionals and breastfeeding helpers)**

search for "Lactnet"

### **Linkages**

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

### **Massachusetts Breastfeeding Coalition**

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

### **Maternal-Child Health Bureau of US/DHHS**

[www.os.dhhs.gov/](http://www.os.dhhs.gov/)

### **Maloney, Senator Carolyn**

[www.house.gov/maloney/issues/breastfeeding](http://www.house.gov/maloney/issues/breastfeeding)

### **Medline - National Library of Medicine**

[www.nlm.nih.gov](http://www.nlm.nih.gov)

**Baby Milk Action**

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

**Banthebags.org**

**Breastfeeding Help**

800-994-WOMAN (9662)

[www.4woman.gov/breastfeeding](http://www.4woman.gov/breastfeeding)

**Breastfeeding Websites**

[www.bflrc.com](http://www.bflrc.com)

[www.breastfeeding.com](http://www.breastfeeding.com)

[www.kellymom.com](http://www.kellymom.com)

**Centers for Disease Control and prevention (CDC)**

[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

**Childbirth Graphics/WRS Group**

[www.childbirthgraphics.com](http://www.childbirthgraphics.com)

**Coalition to Improve Maternity Services (CIMS)**

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

**Contaminants in Human Milk**

[www.nrdc.org/breastmilk/](http://www.nrdc.org/breastmilk/)

**Doulas of North America**

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

**Growth Charts CDC**

[www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts)

**Grief Support**

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

**Hale Publishing**

[www.ibreastfeeding.com](http://www.ibreastfeeding.com)

**Hartmann, Peter**

<http://biochem.uwa.edu.au/PEH/PEHres.html>

**Healthy People 2010**

[web.health.gov/healthypeople](http://web.health.gov/healthypeople)

**Montgomery County**

215-481-6800

(Choose option one—childbirth classes)

Childbirth Education Department

*Abington Memorial Hospital*

Is offered 3 times each month, 2-1/2 hour class, registration and fee required. Dad & grandparents free!

1-866-CALL-MLH

Terry Sanborn, RN, BS, IBCLC

Mickey Kent, RN, BSN, IBCLC

Donna Sinnott, BBA, IBCLC

*Bryn Mawr Hospital*

*Paoli Hospital*

*Lankenau Hospital*

Main Line Health Outpatient Center in Collegeville

130 S. Bryn Mawr Avenue

Bryn Mawr, PA 19010

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

610-270-2271

Peggy Weimar, RNC, CCE, IBCLC

Clinical Manager, Maternal & Newborn Services

*Montgomery Hospital*

1301 Powell Street, 3rd Floor Maternity

Norristown, PA 19401

email: [MWeimar@mont-hosp.com](mailto:MWeimar@mont-hosp.com)

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

610-278-2881

*Mercy Suburban General Hospital*

2701 DeKalb Pike

Norristown, PA 19401

1-800-818-4747  
Colette Acker  
*Holy Redeemer Hospital*  
1648 Huntingdon Pike  
Meadowbrook, PA 19046

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

215-361-4659  
Breastfeeding Classes  
Jeanne Voorhees and Lea Courchain  
*Central Montgomery Medical Center*  
*(North Penn Hospital)*  
Perinatal Education Department  
100 Medical Campus Drive  
Lansdale, PA 19446

Part I - Provides practical guidelines on the benefits of breastfeeding as well as techniques and positioning.  
Part II - Addresses techniques for the collection and storage of breast milk. A variety of breast pumps will be demonstrated. Especially valuable for breastfeeding mothers returning to work.

1 class \$10/couple  
2 classes \$20/couple

Registration Required.

215-997-6941  
Mother to Mother  
Ursela R. Mangum, CLC, CCE, CE (DONA)  
Lansdale, PA 19446  
[www.mothersupport.com](http://www.mothersupport.com)

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

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

## 12. Websites for Breastfeeding & Related Resources

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

**African-American Breastfeeding Alliance, Inc.**  
[www.aabaonline.com](http://www.aabaonline.com)

**American Academy of Family Physicians**  
[www.aafp.org](http://www.aafp.org)

**American College of Obstetricians & Gynecologists**  
[www.acog.org](http://www.acog.org)

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

**The Transfer of Drugs and Other Chemicals into Human Milk**  
<http://aappolicy.aapublications.org/cgi/content/full/pediatrics;108/3/776>

**American College of Nurse Midwives**  
[www.midwife.org](http://www.midwife.org)

**American Dietetic Association (ADA)**  
[www.eatright.org](http://www.eatright.org)

**Antibacterial and antiviral properties of human milk**  
[www.latrobe.edu.au/www/microbio/milk.html](http://www.latrobe.edu.au/www/microbio/milk.html)

**Australian Breastfeeding Association**  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

**Baby-Friendly Hospital Initiative, USA**  
[Bfusa@altavista.net](mailto:Bfusa@altavista.net)

**Baby Food Action Group**  
[www.caa.org.au/groups/BFAG/index.html](http://www.caa.org.au/groups/BFAG/index.html)

- 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 three 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 point enough of the sedative is out of her body that it is safe to breastfeed.

### ***Yes, it is all right to breastfeed when:***

A baby has a cleft lip or palate

A baby is jaundiced

A baby has diarrhea

A baby is over two years old

A baby has PKU (with medical supervision, the baby can breastfeed and be fed a Phenylalanine-free formula)

A mother is nursing 1, 2 or 3 other children

A woman is pregnant

A woman has twins, triplets, or quadruplets (or more, as many as seven!)

A woman is a teenager

A woman needs to have a mammogram

A woman needs to have breast surgery

A woman has had breast surgery

A woman is adopting a baby

A woman has a breast infection

A woman has toxoplasmosis

A breastfeeding class is offered once every month. 6:30-9:00 PM in the Board Room. Free

215-674-8202

Judy Crouthamel, RNC, BSN, IBCLC  
Hatboro, PA 19040

### **Chester County**

610-983-1295

Cathy Kandler, RN, IBCLC

*Phoenixville Hospital*

140 Nutt Road

Phoenixville, PA 19460

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

### **Delaware County**

610-328-8910

Cheryl Aragona, RN, IBCLC

*Crozer-Chester Medical Center*

Davis House

Upland, PA 19013 7:15-9:45 p.m. fee \$20

### **Bucks County**

215-453-4594

Phyllis Young, RN, ICCE, IBCLC

*Grand View Hospital*

700 Lawn Avenue

Sellersville, PA 18960

Fourth week of each month alternating Monday and Tuesday evenings. 7-9pm \$15 in community room. Returning to work class 4 times/year. \$7

215-741-6667

*St. Mary Medical Center*

Langhorne-Newtown Road

Langhorne, PA 19047

First Monday of the month 7:30-9:30  
\$10, Pre-registration is required.

215-674-8202  
Judy Crouthamel, RNC, BSN, IBCLC  
143 West Lehman Avenue  
Hatboro, PA 19040

Chronic carrier of hepatitis (ask for infectious disease opinion)  
or call the CDC (800-311-3435)

Active herpes simplex lesions in the nipple area (may  
breastfeed after lesions are healed)

Chickenpox "Varicella in the mother occurring prior to 5 days  
before delivery allows sufficient formation and transplacental  
transfer of antibodies to the infant to ameliorate disease even  
if the infant is infected with VZV. ...Isolation of the infant from  
the mother and interruption of breastfeeding should occur only  
while the mother remains clinically infectious, regardless of the  
method of feeding. Expressed breast milk can be given to the  
infant if no skin lesions involve the breasts, as soon as the  
infant has received VZIG."2

Smallpox vesicles on the breast.  
Syphilis lesions on the breast.  
Active syphilis (wait until 48 hours of treatment).

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

RA Lawrence: A Review of the Medical Benefits and  
Contraindications to Breastfeeding in the United States, 1997,  
pp. 17-19

### *Red Flag when Breastfeeding*

Breastfeeding is a confidence game; whatever the situation,  
tell the mother to nurse on cue, and bring baby for weekly  
weight checks until it is clear that breastfeeding is going well  
and baby is gaining appropriately.

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

- Women who have had infertility problems
- Women who do not experience breast changes during  
pregnancy and during the first postpartum week

Hepatitis B vaccine and Flu vaccine may be given to a breastfeeding woman. The smallpox vaccine should not be given to any woman with a child under one year of age.

#### *Jaundice and Breastfeeding*

"A review of available follow-up data for apparently healthy term infants whose serum bilirubin concentrations were as high as 25 mg/dl showed no apparent ill effects for these concentrations."<sup>1</sup>

"Evidence indicates that frequent breastfeeding (8-10 times per 24 hours) may reduce the incidence of hyperbilirubinemia." <sup>1</sup>

"Supplementing nursing with water or dextrose-water will not lower serum bilirubin levels in jaundiced, healthy, breastfeeding infants."<sup>1</sup>

"When an indirect serum bilirubin concentration is elevated by some pathologic cause, there is no reason to discontinue breastfeeding."<sup>1</sup>

"In the absence of dehydration, routine supplementation (with dextrose-water) of infants receiving phototherapy is not indicated." <sup>1</sup>

<sup>1</sup> American Academy of Pediatrics and American College of Obstetricians and Gynecologists. Guidelines for Perinatal Care (4th Edition). Elk Grove Village, IL: AAP, 151, 183-188, 1997.

#### **Postpone Putting Baby to Breast:**

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

Active tuberculosis (must wait until mother's treatment is established, at least two weeks)

Active hepatitis B (give baby HBIG and hepatitis B vaccine)  
Baby may go to breast immediately after birth before given the immunity shots, but they should be given soon.

## **4. Hospital-Based Lactation Consultants**

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Hospital-based lactation consultants offer help to mothers and babies when they are in the hospital. Many are available by phone after the mother has left the hospital. Some provide consultation at the hospital after hospital discharge. Hospital-based lactation consultants provide free service and counseling only to patients at that particular hospital.

### **Philadelphia County**

215-961-3143 pager  
Ellen Prince, M Ed, IBCLC  
*Albert Einstein Medical Center*  
5501 Old York Road  
Philadelphia, PA 19141

215-248-8515  
Liz Brooks, JD, IBCLC  
Nikki Lee, RN, MSN, IBCLC, CCE  
Oshie Kenig, IBCLC  
Carol Allison, RN, IBCLC  
Carol Tenneriello, RN, IBCLC  
*Chestnut Hill Hospital*  
8800 Germantown Avenue  
Philadelphia, PA 19118

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

215-762-3908  
Georgette Bartell, RN, BSN, IBCLC  
Sabrina Raheem  
*Hahnemann University Hospital*  
Broad and Vine Streets  
Philadelphia 19102

Bonnie Higgins-Esplund, BSN, RNC, IBCLC  
Virginia Flego, RN, LNS, IBCLC  
Christine Jaslar, RN, IBCLC  
Jennifer Peterman, BSN, RN, IBCLC  
Helen Knapp, RN, MSN, CRNP, IBCLC  
*Hospital of the University of Pennsylvania*  
3400 Spruce St, Maternity  
Philadelphia, PA 19104  
HUP Breastfeeding Warmline  
215-662-2361

215-829-5046  
Debi Page Ferrarello, RN, MS, IBCLC  
Tamara Arbeter, IBCLC  
Susan Gerhardt, IBCLC  
Susan Ann Slear, RN, CCE, IBCLC  
Linda Derbyshire, IBCLC  
Lisa Mandell, BA, IBCLC  
Angela Leonard, IBCLC  
*Pennsylvania Hospital*  
Lactation Center, South Gatehouse  
800 Spruce Street  
Philadelphia, PA 19107  
PA Hosp Breastfeeding Warmline 215-829-3644

215-427-5018  
Georgette Bartell, RN, BSN, IBCLC  
bartell@email.chop.edu geobartell@aol.com  
*St Christopher's Hospital for Children*  
Erie Avenue at Front Street  
Philadelphia, PA 19134

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

## 11. Common Questions Asked by Healthcare Professionals

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### *Birth Control and Breastfeeding*

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

When a baby is under six months, is totally breastfeeding (i.e. not getting anything else to eat), has all of his sucking needs met at the breast (i.e. no pacifier or thumb/finger sucking), is waking to breastfeed during the night, and the mother has not had a period, breastfeeding affords 98-99% protection from pregnancy. (This is the same as the Pill.) Breastfeeding could be used in conjunction with another form of birth control to ensure 100% protection.

### *Contra-indications for Breastfeeding*

When a mother has:

- 1) Human immunodeficiency virus (HIV) type I & II
- 2) Uses street drugs, or is an alcoholic.
- 3) Human T-cell leukemia virus type I & II

When a baby has galactosemia.

### *Immunizations and Breastfeeding*

"A patient who has been identified as susceptible to rubella virus infection should receive the rubella vaccine in the postpartum period. Rubella vaccine can be administered before discharge, even if the patient is breastfeeding." 1

By Day 6 in 24 hours babies should be taking in the ounces equal to 2.5 times their weight in pounds.

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

This style of feeding may be needed until the baby has reached 40 weeks postconceptual age or maybe even beyond. Parents need to be told how much milk the baby needs in 24 hours, so they can assure adequate intake. It helps the parents if they keep a feeding record. Writing down the amounts the baby has eaten helps the parents assure adequate intake.

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

*Neifert MR: Prevention of breastfeeding tragedies. The Pediatric Clinics of North America: The Management of Breastfeeding 48(2):273-297, 2001*

*Wight NE: Breastfeeding the borderline (near-term) preterm infant. Pediatric Annals 32(5):329-336, 2003*

## **Bucks County**

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

215-453-4594  
Phyllis Young RN, ICCE, IBCLC  
Grand View Hospital  
700 Lawn Avenue  
Sellersville, PA 18960

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

## **Chester County**

610-738-2582 mquigley@cchosp.com  
Michele Quigley RN, BSN, IBCLC  
Elizabeth Loeper, RN, MSN, IBCLC  
*The Chester County Hospital*  
701 E. Marshall Street  
West Chester, PA 19380

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

610-648-1515 fax 610-648-1679  
Beth Ricci, RN, BSN, IBCLC

riccie@mlhs.org  
Donna Sinnott, BBA, IBCLC  
*Paoli Hospital*  
255 W. Lancaster Ave.  
Paoli, PA 19301

### **Delaware County**

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

### **Montgomery County**

215-481-4051  
Laura Caso, RN, IBCLC  
Donna Martin, RN, BSN, IBCLC  
Janet Leung, RN, IBCLC  
Fran Ferraguti, RN, BSN, IBCLC  
Mara Brand, RNC, IBCLC mbrnd@yahoo.com  
Anna Marie Gresko, RN, IBCLC  
Deborah Howell, RN, IBCLC  
Beverly DeSimone RN, BSN, IBCLC  
*Abington Memorial Hospital*  
1200 Old York Road  
Abington, PA 19001

610-645-2336 fax 610-526-8151  
Terry Sanborn, RN, BS, IBCLC  
SanbornT@MLHS.ORG  
Mickey Kent RN, BSN, IBCLC  
Gerri Wismer RN, NCBF  
*Bryn Mawr Hospital*  
*Lankenau Hospital*  
130 S. Bryn Mawr Avenue  
Bryn Mawr, PA 19010

215-938-2923  
Colette Acker, IBCLC  
Oshie Kenig, IBCLC

## **10. Scale Rental**

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|              |   |
|--------------|---|
| 267-426-5325 | Children's Hospital of Philadelphia       |
| 215-481-6106 | Abington Memorial Hospital, Abington      |
| 610-649-7769 | Joanne Siciliano, Ardmore                 |
| 610-539-4476 | Diane DiSandro, Audubon                   |
| 215-997-2622 | Eileen Restaino, Chalfont                 |
| 610-254-8300 | Jennifer Neely, Devon                     |
| 610-383-9394 | Alicia Horst, Downingtown                 |
| 215-886-2433 | Breastfeeding Resource Center, Glenside   |
| 215-674-8202 | Judy Crouthamel, Hatboro                  |
| 610-416-3137 | Jennifer Koresko, King of Prussia         |
| 610-917-9797 | Kim Feindt, Phoenixville                  |
| 610-399-0742 | Laura Stratton, West Chester              |
| 609-582-3000 | Women's & Children's Services, Sewell, NJ |
| 302-478-8854 | Karin DiSanto, Wilmington, DE             |

Close follow-up is needed to prevent breastfeeding problems after hospital discharge of a premature baby or a near-term baby. These babies are immature and proactive management is needed because they may stop breastfeeding before they have taken in enough food. Their immaturity leads to an inability to maintain their mothers' milk supply.

Mothers with newly discharged premature babies and mothers with near-term babies need to rent an electric breast pump and express milk after each breastfeeding session. The rental of a scale that is accurate to 2 grams will allow the mother to weigh the baby before and after breastfeeding, so she knows how much milk the baby drank. Then she can feed the baby additional milk that she has expressed, so the baby has enough intake. The additional milk can be fed to the baby by NG tube, cup, spoon, dropper, bottle, or finger-feeding. On Day 3, when most babies are discharged from the hospital, a near-term newborn needs about 6 ounces; Day 4, at least 8 ounces; Day 5, at least 12 ounces.

4. After expressing or pumping, wash and rinse everything that has touched the milk.
5. If your milk will be used within 4 hours, it may remain at a room temperature of 75° or cooler. If your milk will be used within 5 days, it may be stored in the refrigerator. If your milk will not be used for over 3 days, store your milk in the freezer. (Remember the cream will rise to the top. Simply swirl the milk to mix it.) If no refrigerator is available, your milk may be stored in a cooler with an ice pack for up to 24 hours.
6. Store pumped milk in the amount your baby takes at a feeding. If your baby is under one month, store in 2-ounce amounts. Thaw one container of milk at a time. If the baby wants more, another container can be thawed quickly.
7. You may layer frozen milk. The first time you pump your milk, you may put it into the freezer. The second time you pump your milk, cool it in the refrigerator, then you may add it to the frozen milk. It is important not to put warm milk on top of frozen milk. Also, the amount of cool milk you pour on top of the frozen milk should be less in volume than what is already frozen.
8. To thaw your milk, you may place it in the refrigerator for a day. For a quick thaw, take the frozen milk container and run it under warm tap water or place it in a bowl of warm water. Remember to swirl the milk because the cream separates and needs to be mixed with the rest of the milk. Once warmed, whatever the baby does not take within an hour should to be discarded.
9. Fresh milk may be stored in the refrigerator for 3 to 5 days. Smell or taste it to see if it has turned sour. Milk can be stored in a freezer that has a separate door from your refrigerator, for 3 to 4 months. Keep your milk in the middle of the upper shelf, not on the bottom and not on the door. Use old frozen milk over formula.

*Holy Redeemer Hospital*  
1648 Huntingdon Pike  
Meadowbrook, PA 19046

610-270-2271  
Peggy Weimar, RNC, CCE, IBCLC  
Clinical Manager, Maternal & Newborn Services  
*Montgomery Hospital*  
1301 Powell Street  
3rd Floor Maternity  
Norristown, PA 19401  
MWeimar@mont-hosp.com

## 5. Lactation Consultants Services

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Insurance Companies that pay for Well Mother and Well Baby Visits:

- Personal Choice/Blue Cross 1-800-598-BABY
- Keystone Healthplan East
- Health Partners
- Aetna/USHealthcare

If the homecare nurse has had breastfeeding education, she can give fabulous support.

Lactation consultant visits at home can be authorized by the case manager at:

- Personal Choice
- Keystone Healthplan East
- Aetna/USHealthcare

Find a local Lactation Consultant: [www.pro-lc.org](http://www.pro-lc.org)

### OFFICE APPOINTMENTS

#### Philadelphia County

215-961-3143 pager  
Ellen Prince, M Ed, IBCLC  
*Albert Einstein Medical Center*  
5501 Old York Road  
Philadelphia, PA 19141

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

hours.) Ask about a double pump kit when you rent your pump.

8. There is no need to clean the tubing or any parts that do not have contact with milk. If milk or anything else gets in or on them, then clean them.
9. The hospital will probably 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.
10. 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.
11. Store pumped milk in the amount your baby takes at a feeding.
12. Many mothers find that breast massage, hand expression, and holding their baby skin to skin help to maintain their milk supply.

### FOR PUMPING AND HOME STORAGE OF BREAST MILK FOR HEALTHY, FULL-TERM BABIES

1. Once a day, rinse your breasts with water during your bath or shower. You do not need to wash your breasts or nipples before each pumping session.
2. Wash your hands well with soap and water each time before you pump your milk. Use a nailbrush to clean under your finger nails.
3. Pump your milk into a clean food container. If you are hand expressing, a large mixing bowl works well because the milk tends to spray in many directions.

## 9. Instructions for Expressing and Storing Breast Milk

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### FOR YOUR BABY IN THE INTENSIVE CARE NURSERY

1. Once a day, rinse your breasts with water during your bath or shower. You do not need to wash your breasts or nipples before each pumping session.
2. Wash your hands well with soap and water each time before you pump your milk. Use a nailbrush to clean under your fingernails.
3. Pump your milk 8 to 10 times in 24 hours (about every two hours from 6 am to midnight and at least once between midnight and 6 am). To establish your milk supply, pump both breasts at the same time for 10-15 minutes each time you pump.
4. Once you are pumping over 30 ounces in 24 hours per baby (You should be able to get to this volume by 14 to 21 days.), you may be able to maintain this volume by expressing 8 times per day or less.
5. Most women find the multi-user, rental, electric breast pumps to be the most effective for pumping their milk. Check in 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, thoroughly wash the parts that milk has touched with hot, soapy water, use a bottle brush to scrub thoroughly, 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.
7. You can save 2 hours a day by pumping both breasts at the same time. (Double kit, 15 minutes, eight times a day = 2 hours. Single kit, 30 minutes, eight times a day = 4

215-886-2433  
*Breastfeeding Resource Center*  
Colette Acker, BS, IBCLC  
117 N. Easton Road  
Glenside, PA 19038

215-829-5046  
*Pennsylvania Hospital*  
Outpatient Lactation Center  
800 Spruce Street, South Gatehouse  
Philadelphia, PA 19107  
Monday thru Friday, 10am to 2pm

### HOME VISITS

#### Philadelphia County

215-635-6477  
[www.breastfeedingalwaysbest.com](http://www.breastfeedingalwaysbest.com)  
Nikki Lee, RN, MS, IBCLC, CCE, CIMI  
Elkins Park, PA 19027

610-446-0184  
[lindaderby@verizon.net](mailto:lindaderby@verizon.net)  
Linda Derbyshire

215-674-8202  
[www.breastfeedingalliance.com](http://www.breastfeedingalliance.com)  
Judy Crouthamel, RNC, BSN, IBCLC  
Hatboro, PA 19040

215-836-9088  
[ecbrks@yahoo.com](mailto:ecbrks@yahoo.com)  
Liz Brooks, JD, IBCLC  
Wyndmoor, PA 19038

#### Bucks County

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

215-674-8202  
www.breastfeedingalliance.com  
Judy Crouthamel, RNC, BSN, IBCLC  
Hatboro, PA 19040  
215-295-0158  
Debra Manella, RN, IBCLC  
Morrisville, PA 19067

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

215-757-6006  
sslearibclc@verizon.net  
Susan Ann Slear, RN, CCE, HBBI, IBCLC  
www.BreastfeedingHelpCenter.com  
Langhorne, PA 19047-5919

215-453-4594  
pyoung@gvh.org  
Phyllis Young RN, ICCE, IBCLC  
Grand View Hospital  
Sellersville, PA 18960

267-342-1354  
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Geri Remy, RN, FNP, MSN, IBCLC  
Blooming Glen, PA 18911

### **Chester County**

610-644-1379  
rbfibclc@aol.com  
Robin B. Frees, IBCLC  
Malvern, PA 19355

610-696-6511 or 610-517-7840  
liljamiern@yahoo.com  
Germaine Weaver, RN, IBCLC  
Neighborhood Visiting Nurses  
West Chester, PA 19380

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

215-723-1168  
Gail Comden  
Souderton, PA 18964

215-836-9088  
Liz Brooks  
Wyndmoor, PA 19038

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www.breastfeedingalliance.com  
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Hatboro, PA 19040

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

215-412-4724  
Kate Haddad  
Lansdale, PA 19446

215-368-1411  
Karen Rathgeber-Koop  
Lansdale, PA 19446

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

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

610-917-9797  
Kim Feindt (Hollister)  
Phoenixville, PA

610-705-9292  
Royal Medical Supply  
856 High Street  
Pottstown, PA 19454

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

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

610-524-MOMS (6667)  
www.birthbreastfeedingresources.com  
Beth Ricci, RN, BSN, IBCLC  
Downingtown, PA 19335

484-345-8502  
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## **Delaware County**

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Bryn Mawr, PA 19010

610-623-9080 ext 151  
Penny Soppas, MD, IBCLC  
Drexel Hill Pediatric Associates Suite 2-900  
Drexel Hill, PA 19026

610-399-3535  
angelaIBCLC@comcast.net  
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### **Lehigh Valley**

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### **Montgomery County**

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610-308-6925  
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Johanna Berger, MSW, IBCLC  
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215-635-6477  
nleeguitar@aol.com  
Nikki Lee, RN, MS, IBCLC, CCE  
Craniosacral therapy  
Elkins Park, PA 19027

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

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

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

### **Montgomery County**

215-481-6106  
Abington Memorial Hospital  
Breastfeeding Support Services  
1200 Old York Road  
Highland Bldg, 2nd floor  
Abington, PA 19001

610-649-7769  
Joanne Siciliano  
Ardmore, PA 19003

610-539-4476  
Diane DiSandro  
Audubon, PA 19403

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

610-664-1271  
The Baby's Room  
Bala Cynwyd, PA 19004  
215-886-2433

610-874-8418  
open 7 days  
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

610-394-9030  
NeighborCare Pharmacy  
Delaware County Memorial Hospital  
501 Lansdowne Avenue  
Drexel Hill, PA 19026  
610-566-2226  
Elwyn Pharmacy  
194 South Middletown Rd  
Media, PA 19063

610-892-5051  
Jackie Kelleher  
www.familybirthmark.com  
211 N. Monroe (rear)  
Media, PA 19063

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

610-586-3100  
215-726-9964  
610-853-4000 (24 hr. emergency)  
800-727-8188  
Beckett Apothecary (Medela)  
1002 Chester Pike  
Sharon Hill, PA 19079

215-886-2433  
Breastfeeding Resource Center  
Colette Acker, BS, IBCLC  
Glenside, PA 19038

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

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

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

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

215-836-9088  
Liz Brooks, JD, IBCLC  
Wyndmoor, PA 19038

610-446-0184  
lindaderby@verizon.net  
Linda Derbyshire, IBCLC

## **Berks County**

610-589-1137  
Phillyhost2002@yahoo.com  
Karen Campbell, RN, IBCLC  
Womelsdorf, PA 19567

## 6. Southern New Jersey & Northern Delaware Private Lactation Consultants

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### Southern New Jersey

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

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

### Primary Care Providers

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

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

Lori Feldman-Winter, MD, IBCLC, FAAP, FABM  
Pediatrician  
856-968-9576 (office)  
3 Cooper Plaza, Suite 520  
Camden NJ 08103  
Ph: 856-757-7729  
Fax: 856-968-9598

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

Amy Kotler, MD, FAAP, IBCLC  
drkotler@doverpeds.com  
AAP NJ Breastfeeding and  
Nutrition Committee Chair

610-383-4132  
Jennifer Gauttman  
East Fallowfield, PA 19320

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

610-942-7717  
Alicia Harris  
Glenmoore, PA 19343

610-917-9797  
Kim Feindt  
Phoenixville, PA 19460

610-692-0304  
Medical Home Care  
505 Montgomery Avenue  
West Chester, PA 19380

610-869-0217  
Valerie Hammer  
West Grove, PA 19390

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

610-363-7474 (Medela)  
Lionville Pharmacy  
Exton, PA 19341

### Delaware County

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

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

610-294-8052  
Patty Ott  
Upper Black Eddy, PA 18972

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

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

267-994-4513  
Lisa Petrino  
Yardley, PA 19067

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

### **Chester County**

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

610-383-9394 (Medela)  
Alicia Horst  
Downingtown, PA 19335

610-644-1379  
Robin B. Frees  
Malvern, PA 19355

Dover Pediatrics  
Doctors Park  
369 W. Blackwell Street  
Dover, NJ 07801  
973-328-08300

Cynthia Barabis, MD, IBCLC  
Ocean County Breastfeeding Medicine  
413 Spier Avenue  
Allenhurst, NJ 07711  
732-660-0707

### **Private Practice Lactation Consultants**

Julie Quickmire, IBCLC  
(609) 398-1431  
(Atlantic County)

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

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

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

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

La Leche League Peer Counselors  
(Atlantic County)  
Huda Guda  
(English & Japanese)  
(609) 703-0558

Maria Mozelle (English & Spanish)  
(609) 344-3303

Ana Spencer (English & Spanish)  
(609) 653-8105  
La Leche League referral line in New Jersey  
(847) 519-7730

### **Northern Delaware**

302-836-4863  
Karen Bastianelli RN IBCLC  
Bear, DE 19701

302-733-3333  
Moonyeen Klopfenstein, RN, IBCLC  
Christiana Hospital, Newark

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

302-322-5950  
Kym Smythe, M Ed, IBCLC  
Bear, DE

302-368-9492  
Sue Samuels  
Wilmington, DE

302-235-5678  
Tracy Stadler, RN, IBCLC  
Newark, DE 19711

856-854-3100 (Medela)  
www.komfortkare.com  
Westmont, NJ 08108

### **Bucks County**

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

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

215-534-1371  
gary.gayle@verizon.net  
AllNatural Baby  
Gayle Sutterlin  
Doylestown, PA 18901

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

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

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

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

215-997-6941  
fax 215-997-7608  
Mother to Mother Support Services  
mothertomother@earthlink.net  
Philadelphia, PA 19147

215-334-0632  
Norman's (Medela)  
Philadelphia, PA 19148

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

215-836-9088  
Liz Brooks, JD, IBCLC  
Wyndmoor, PA 19038

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

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

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 (Hollister)  
Cooper Hospital  
One Cooper Plaza  
Camden, NJ 08103

## 7. Pumps and Breastfeeding Equipment

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

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

The three companies whose multi-user electric breast pumps are available in Philadelphia are listed below. When a mother and baby are separated for several feedings each day, when a mother is establishing her milk supply, or when a mother is increasing her milk supply, a multi-user electric rental breast pump is recommended.

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

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

www.ameda.com  
800-323-4060  
2000 Hollister Drive  
Libertyville, IL 60048-3781  
Cathy Snyder, local sales representative  
800-624-5369 ext. 1017#  
cell 267-980-0571  
cathy.snyder@hollister.com

## **Medela, Inc.**

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

## **WhisperWear.com**

(Can be worn while working. Some mothers find this very helpful.)

215-757-6006  
Breastfeeding Help Center  
Bensalem, PA 19020

732-308-0570  
A Mother's Dream  
Lakewood, NJ 08701

732-730-0929  
Central State Health System  
Freehold, NJ 08701

## **8. Electric Breast Pump Rental Locations**

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www.medela.com  
www.ameda.com

Websites have most current information. Search by zip code.

### **Philadelphia County**

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

215-662-2361 (Medela)  
Hospital of the University of Pennsylvania  
3400 Spruce Street, Silverstein 8  
Philadelphia, PA 19104

215-829-5085 (Medela)  
Pennsylvania Hospital  
5 Preston Nurses' Station  
800 Spruce Street  
Philadelphia, PA 19107

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

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

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