

Lactation Resources

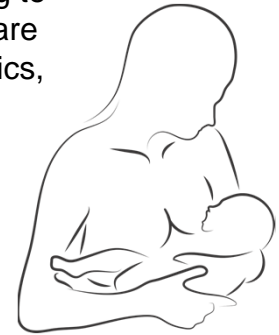
Carilion Clinic Graduate Medical Education (GME) supports your decision to breastfeed while in training. We want to provide you the following resources to do everything you can to maintain your milk production and avoid health complications.

We encourage you to create a plan for pumping at work. Before returning to work, talk to your program director, faculty and program manager. They are a resource to help you outline a schedule for breaks during rotations, clinics, calls and shifts.

More information is available on the Carilion Clinic Intranet at:

<https://www.insidecarilion.org/hub/human-resources/all-activity/lactation-resources>

Or on the GME website at: <https://www.carilionclinic.org/gme-resident-wellness#resident-well-being-resources>



Helpful Lactation Hints From Your Experienced Colleagues:

1. Request and procure a breast pump (may be covered by your insurance) at least 1-2 months before anticipated delivery. If you deliver prematurely, you can rent a hospital grade pump; having a second pump on hand for travel is very helpful. If your infant comes home with you, begin using the pump as instructed between feedings once you arrive home. Your milk production may drop once returning back to work. You can anticipate this by starting to stock up frozen milk early, and establishing a strong milk supply.
2. Consider purchasing a portable breast pump. Your insurance may help or fully cover the cost. Consider researching the following pumps:
 - Babyation
 - Willow
 - Medela
 - Elvie
 - Freemie Liberty
3. Get subscription service such as Amazon Prime for the ease of a 1 click refills to your doorstep on breast pads, milk bags, pump cleaning wipes, not to mention diapers and wipes. The extra trip to the store is another hassle for your already busy schedule.
4. Store pick-up can also save time. Target, Kroger and Walmart offer this service, but there may be a charge. You may also get coupons or discounts for this service.
5. If you can swing it, get an actual “pump bag” that is designed for carrying your pump and all of its parts, as opposed to a book bag or large handbag. They usually have a cooler within them to keep your milk chilled. It is worth the cost if you are taking your pump and parts from place to place (hospital, clinic, etc.).
6. Buy bras designed for hands free pumping. You will likely be multi-tasking while pumping at work (documenting, reviewing charts, etc.).
7. Schedule your pumping and stick to your routine. Your body needs consistency.
8. Never compare yourself to other people. You, your baby, and your family’s needs are unique. Whether you breastfeed for 1 month, 1 year (or more), you have given your child a gift. You are the best mother there is for your child. No one can do it better than you.

Lactation Resources

The following rooms have been designated as lactation rooms or as lactation compatible spaces, and are available for your use for pumping while in training. You will need to be given access to use these rooms in advance by your program manager.

Facility	Room	Location	Notes
CRMH	Surgery & EM SICU Rotation Call Room (residents/ fellows only)	9 Mountain	Refrigerator, bathroom and computer in the room.
CRMH	OBGYN PGY1 Call Room (residents/ fellows only)	13 West	Enter call room space by west elevators. Bathroom, computer and desk in room. Refrigerator in hall.
CRMH	Pediatric Call Room (residents/ fellows only)	13 West	Across from west elevators. Refrigerator and computer in the room.
CRMH	Med Ed Room 216 Fellowship/Flex Call Room (residents/ fellows only)	2 nd Floor Med Ed Building	Sink, computer and desk in the room. Refrigerator in resident work room at opposite end of hall.
CRMH	2 nd floor designated lactation room	2 East	Near West stairwell
CRMH	5 th floor designated lactation room	5 East	Follow signs to security. Room on right, not far from West elevators.
CRMH	13 th floor designated lactation room	13 South	Enter family waiting room outside labor and delivery. Mamava Pod. Sink outside pod but no refrigerator.
Rehab	Designated lactation room	Basement level	
ION	Temporary rooms are assigned based on availability	Throughout the building	E-mail ion_facilities@carilionclinic.org include trainee name, program, rotation and length of time scheduled in the facility. Room location and signage will be provided.
CRCH	Designated lactation room	4 th Floor	
CNRV	Designated lactation room		Room across from the chapel after you cross the bridge before going down the steps to the cafeteria.
CFMH	Designated lactation room	Basement floor in the Fit Pit Changing room	This is across the entrance to maintenance and just down the hall from the cafeteria.
CSJH	Designated lactation room: room 3122	On 3 rd floor, close to Employee Health	Chair, table and refrigerator are available in the space
Planned Parenthood	Empty office space will be made available		Refrigeration available. Contact person on site to arrange a private space: Anne Logan

We appreciate your feedback regarding rooms and suggestions for improvement.

GME Contacts:

Emily Wilhelm
540-581-0321

Alaina Lawrence
540-581-0310