

# Breastfeeding Support Services

## Lactation Boutiques

Our Boutiques are located on the hospital campus and offer a wide variety of products and services to help making your experience the best possible. There you can find help with choosing a breast pump, help with milk storage, intimate apparel designed especially for expectant and nursing mothers, as well as other accessories that provide added convenience.

### Some of the services available include:

- breast pumps for rent or purchase
- breast milk collection accessories and storage solutions
- intimate apparel for expectant and nursing moms
- consultation services

There are also grant programs available for mothers in need. Contact the boutique for more information.

## Consultation Services

Consultants remain available for support and advice even after you and your baby leave the hospital. Should more involved problems arise, we offer fee-based outpatient consultation with physician referral and insurance billing.

## Important Phone Numbers

For help or information on products or services, consultations, or our boutiques call one of our locations below.

**Baptist Hospital:** 615-284-3381 or 615-284-MILK (6455).

**Middle Tennessee Medical Center:** 615-396-4167.

## Frequently Asked Questions

**Why breastfeed?** The American Academy of Pediatrics, among countless other professional and medical health providers, states that “human milk is the preferred feeding for all infants, including premature and sick newborns.” Stating also that exclusive breast feeding gives ideal nutrition and supports optimal growth and development for babies. Simply put, breast milk provides the best possible nutrition for babies. Not only that, it also helps create a special bond between mother and child that nothing else can.

Infants whose mothers chose to breastfeed are found to have better general health, growth and development. The nutrition provided by breast milk significantly decreases the risk of a large number of acute and chronic diseases. Research has found that breastfeeding provides health benefits to mothers as well. Please let us know if you'd like more information on the benefits of breastfeeding.

**Should I buy or borrow a pre-owned breast pump?** Many mothers have asked if they can safely sell, purchase, or use a previously owned breast pump. Research evidence suggests that certain viruses and bacteria are transmittable through breast milk. For that reason, the FDA policy states that only hospital-grade pumps (such as the Symphony) should be used by more than one person. All other breast pumps should be considered to be single-use devices such as Pump In Style, Swing, and Harmony. For this reason, experts advise against sharing pumps that have been previously owned.



**Saint Thomas  
Health Services**

We're here for life.