



## The Lactation Center at Inova Alexandria Hospital Women's Center

Breastfeeding is one of the most important decisions you will make for your baby.

Our International Board-certified lactation consultants are here to help you succeed and make breastfeeding a wonderful experience.

The Lactation Center at Inova Alexandria Hospital Women's Center is committed to supporting your decision to breastfeed your baby.

703-504-PUMP (7867)

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

[inova.org](http://inova.org)



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**Inova**  
Alexandria Hospital  
Women's Center

**Lactation Center**





## Congratulations on your decision to breastfeed!

Breastfeeding has been proven to be healthy for your baby — and for you. Breast milk provides your baby with balanced nutrition, protection

against illness, and is a loving, nurturing way to feed your baby. Breastfeeding helps a mother bond with her baby, get back in shape, and may lower her risk of breast and ovarian cancers.

Inova Alexandria Hospital's International Board-certified lactation consultants are here to support your decision with counseling, education, and supplies for breastfeeding mothers.

Our lactation consultants are registered nurses who specialize in the management of breastfeeding. They consult with new mothers on:

- Basic position and latch of the infant
- Information about practices that promote successful breastfeeding
- How to prevent and manage such common concerns as poor latch, inadequate milk transfer or supply, nipple or breast pain, and how to calm a fussy baby
- Milk expression and storage for mothers who must be separated from their babies

- Strategies for breastfeeding after returning to work
- Breastfeeding in challenging situations, such as breastfeeding twins or triplets, premature or sick infants, or infants in special medical situations.

### Lactation Counseling and Education

During your hospital stay, our lactation consultants are available to meet with you to teach you to breastfeed and answer any questions or concerns you may have. There is no fee for this service.

### Latch Clinic

You may have additional questions or concerns regarding latching and positioning your infant after you return home. Our Latch Clinic meets Wednesdays and Thursdays from 1 to 2 p.m. in the Lactation Center. New mothers may attend within three weeks of giving birth. Our lactation consultants will weigh your baby before and after you breastfeed and provide guidance and assistance to help ease your concerns. Latch Clinic visits are \$25 each. Appointments are required.

### Breastfeeding Supplies and Rentals

The Lactation Center is located next to our Post-Partum unit. Breast pumps and breastfeeding devices are available for purchase. Breast pumps are also available for weekly or monthly rentals.

### Hospital Grade Pump Rentals

Medela/Symphony and Hollister Elite breast pumps can be rented from our Lactation Center. Fees vary based on pump selected and duration of rental period. Credit cards are required for rentals.

### Breastfeeding Supplies

- Pump in Style® and Purely Yours breast pumps
- Bravado/Medela nursing bras
- Bra pads/gel pads
- Breast shields in all sizes
- Banolin
- Foot stools
- Feeding pillows
- Milk storage bags and bottles
- Micro steam bags
- Nursing tanks
- Various sizes of breast pump flanges

### The Lactation Center at Inova Alexandria Hospital Women's Center

Our certified consultants are available Monday through Friday from 8 a.m. to 3 p.m. and Saturday 8 a.m to 1 p.m. to answer any questions or concerns and to assist with breastfeeding supplies.

### 703-504-PUMP (7867)

To find out about our New Moms Group as well as additional programs and services available at Inova Alexandria Hospital Women's Center to new mothers, visit [inova.org/healthclasses](http://inova.org/healthclasses) or call Inova HealthSource at 703-750-8832.

