

Lactation Guide for the Women of Duke Medicine

Tips about how to transition back to work and maintain breastfeeding

This guide was created with the input of numerous faculty, residents, and fellows in the Duke Department of Medicine. You have just had a life-changing experience with the arrival of your child, and now integrating your new role into work comes with challenges. The goal of this guide is to help support the women of Duke Medicine, including students, trainees, faculty, and staff, who plan to pump at work by sharing knowledge, resources, and advice.

Returning to Work

Whether you have had a child before or not, returning to work is challenging. Some things may be easier than they were the first time. Even so, planning and preparing for how you will work and pump is crucial.

1. Talk with your supervisor.

If you are in residency or fellowship, talk with your program director and clinic supervisor about your plan to pump at work and how to fit this in during different rotations. There may be additional faculty or residents who have recently returned after maternity leave who you could speak with about best ways to pump on any given rotation or in a given clinical setting. Program directors may be unaware of returning trainees' needs. They can help advocate and support you if you let them know what you will need upon returning to work.

Faculty should also talk with their clinical supervisors about what they will need at work to pump.

2. Practice at home before you return.

You will want to practice pumping and feeding from a bottle at least a few weeks prior to returning to work. This allows you to get in the practice of pumping which gives you a chance to troubleshoot parts and other necessary things (ex: the flange could be the wrong size; you will get used to the parts you need so you don't forget to take any, and know how to correctly assemble them). It also allows your baby to practice taking milk from a bottle. Babies may refuse a bottle initially if only ever breastfed, so practice with them so you know you both are ready to be away from each other.

Some women also find it helpful to practice pumping at your work location before returning to work. It's different (and can be harder) to pump at work than at home where the environment is more comfortable.

3. Decide on a location(s) to pump.

If your location at work changes frequently, either because of clinic, rotations, etc., think about multiple locations you could go at each site. See below under Pumping Locations for areas at various clinical sites which are available to pump.

4. Plan frequency and when you will pump.

Setting a goal of pumping every 3 hours at work for 30 minutes may be unrealistic. Clinical care can be unpredictable, but know that having a 4-5+ hour long stretch between pumps here and there will not ruin your supply. However, frequent long stretches particularly when the baby is very young can decrease milk supply. It can also lead to clogged ducts and mastitis. If you have had a longer interval between pumping sessions, massaging and applying gentle downward pressure “milking” while pumping can help relieve these areas. If you start to develop fever and a very painful area, see your doctor and keep pumping/breastfeeding.

5. Decide on pump.

While we won’t endorse one specific brand over another, some of the common pumps used among colleagues are Freemie, Willow, Spectra, and Medela brands. Freemie and Willow brands offer pumps which fit inside the bra, so you don’t have to undress your top half every time you need to pump. Game changer! Duke Health plans will also cover breast pumps as durable medical equipment. You can also submit for reimbursement through your healthcare reimbursement account.

6. Buy other supplies.

In addition to the pump and supplies, consider buying bras which make it easy to pump hands-free or undress quickly. Depending on where you pump and your comfort level, you may want to cover with a nursing apron. Invest in a good carrying bag for all of the supplies you will need to carry back and forth to work every day. Most DUH lactation rooms are supplied with a Medela Symphony preemie for use, but you will need to bring your own attachments.

7. Consider safe milk storage.

Know where there will be refrigerators for you to safely store your milk. You may choose to bring a cooler with an ice pack if you will be transferring it to a different location throughout the day. See more under Breastmilk Storage.

Pumping Locations

There are designated pumping rooms in Duke North. These can be reserved in advance. Everyone we have talked to either never or seldom used these rooms. They can be difficult to book due to demand during certain hours (e.g. lunch, which is a common time to pump), and your schedule can make it hard to arrive at an exact time.

More information about lactation rooms across the Duke campus for staff, faculty and trainees can be found at <https://hr.duke.edu/benefits/family/lactation#rooms>.

| Site | Room | Notes |
|-----------------|------------------------|--|
| DUH- Duke North | 3233 5000E 6000E | -You must sign up for 3233 in advance. Email staff-family-programs@duke.edu to |

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| | <p>7000E 8000E 9000E 8th floor call rooms 9th floor call rooms</p> | <p>obtain access to the Outlook calendar for reservations. -3233 has 2 pumps and 3 spaces available -New call rooms on 5th to 9th floors next to men’s restrooms in the visitor elevator bank. -Call rooms open to trainees, may be occupied by trainee on designated clinical assignment. Call rooms also often require badge access.</p> |
| DUH- DMP | <p>2W01A, 2W01B 8W call rooms (for MICU residents)</p> | <p>-2nd floor - proceed through hall entrance marked "employees only". Turn left at end of hallway.</p> |
| DUH- Cancer Center | <p>3N71 and 3N72</p> | <p>-Enter Cancer Center from the Level 2 Concourse entrance. Take elevator to Level 3. Lactation room is directly across the hall.</p> |
| Duke South Clinic | <p>5007</p> | <p>-Take purple zone elevator to 5th floor. Turn left at corner. -2 pumps available</p> |
| DRH | <p>GME Call rooms Mamava pods</p> | <p>-For residents and fellows only. Contact Nurses Station (4th Floor) 919-470-4337 to talk with lactation consulting about additional sites. To locate a Mamava lactation pod: - Download the Mamava App - Make sure Bluetooth is turned on - Follow instructions within the app</p> |
| Durham VA HCS | <p>Lactation Room in C2011 at the Durham VA HCS Main Campus.</p> | <p>-For badge access, complete “Lactation Room C2011- Use Request” form on the Durham VA HCS LEAF portal</p> |

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| | - 2 nd floor off green elevators to left. Breast pump not available and belongings should not be left in the room. | which can be accessed here . You can email Jamie.upchurch@va.gov to be set up to use it. More instructions here . -Call rooms available to trainees only -Residents may ask chief resident about additional spaces |
| DRAH | 3257A 2147B | -Bring own breast pumps and supplies -Refrigerator available -Reserve room by adding “DRAH Lactation RM” as the room selection in new Outlook calendar invite, specify if room preference and reservation confirmed within 24 hours. -DRAH Human Resources available for questions: 919-954-3461 |
| Clinic sites | Different at each site | -Ask about private office availability or vacant patient rooms |
| Bryan Student Center | 125 Science Drive, lower level | Mamava Lactation pod available |
| Duke Central Tower | 2 B 62 | Take elevator to 2 DCT. The lactation room is located in the hall adjacent to the patient transport lobby. From the lobby turn left then into hallway on left. The room is directly across from the stairwell. |
| Duke Central Tower | 9 B 62 | Take elevator to 6 DCT. The lactation room is located in the hall adjacent to the patient transport lobby. From the lobby turn left then into |

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| | | hallway on left. The room is directly across from the stairwell. |
| Duke Central Tower | 10 B 62 | Take elevator to 10 DCT. The lactation room is located in the hall adjacent to the patient transport lobby. From the lobby turn left then into hallway on left. The room is directly across from the stairwell. |
| Duke Central Tower | 11 B 51 | Take the elevator to 11 DCT. The lactation room is located in the Staff hallway with the On call rooms. From the patient transport lobby turn left and enter the Staff hallway across from room B47. The lactation room is the first door on the left. |

Some women choose to pump in common areas. Chances are that this will make other people feel more uncomfortable than you will feel uncomfortable; set expectations early with your teammates and supervisors! Our goal is for you to find a comfortable, clean place to pump and continue to work if you choose.

If seeking a private place to pump, you will want to find a space with the following:

- A computer and phone available to allow you to continue to work if you choose
- Sink close by to wash hands before/after and clean parts after pumping
- Electric outlet (may need 3-pronged outlet depending on pump)
- Desk or table to place the pump
- Chair for you to sit

For trainees especially, talk with program leadership to see when private offices may be available. This has worked well for some at DUH, the VA, and at the DOC. Patient exam rooms in clinic are also great spaces to pump. Making a sign for the door so that no one interrupts you is very helpful to avoid unexpected walk-ins!

When to Pump

Think about the structure of your day and the frequency you want to continue to pump. It may not be feasible to pump at the frequency desired while at work. Decide on an optimal interval

and plan your day. On inpatient rotations, it may be best to pump right before coming to work or immediately when you arrive during pre-rounding time.

Talk with your team about when you need to have a break to pump, so that they know when to anticipate you leaving.

If you are in clinic, you may be able to work out breaks in the clinic schedule for pumping. Some women have been allowed a short break in the afternoon and then see patients later into the evening. You have to make sure this is conducive with the clinic (as it may require staff to stay later than they would otherwise).

You may experience milk let down in between pumping sessions, particularly if you are stretching the interval between pumps or are around crying babies (an obvious stimulus for your body to think it's time to feed!). This gets better with time, but it can be helpful to wear breast pads in your bra at first so you don't leak through.

What if I forget pump parts?

You can also call Lactation Services at DUH. They are located on the 5th floor by Labor & Delivery. They may be able to supply you with a breast pump piece or bottle.

Breastmilk Storage

It probably goes without saying to make sure to wash your hands prior to starting pumping or handling breast milk. Note that the lactation rooms do not offer breastmilk storage.

How long is breast milk good for?

- 4-6 hours at room temperature
- 24 hours in a cooler (~59 degrees F)
- 3-8 days in a refrigerator
- 6-12 months in a freezer

Some women will refrigerate their pump parts too, so there is no need to clean between pumping sessions. This may not be an option for you. Simply running the parts under warm water between sessions and sanitizing at night should keep them clean. An alternative is cleaning wipes available through most pump brands.

If you are on a long call shift, consider bringing a Nalgene to consolidate all pumped milk into, which prevents the need to bring 8+ individual bottles. This also works nicely if you are traveling apart from your baby!

There is a large refrigerator available for use in the Duke Medicine Residency Library on the 8th floor.

Maintaining breastmilk supply at work

- Hydrate, hydrate, hydrate!
- Bring a picture of your little one which may help you relax and release more milk.
- Do some extra pumping when you are home, and/or pump immediately after nursing.
- Consider upping your diet with a known galactagogue, like oats. Other galactagogues include fenugreek seed which can be purchased over the counter. We recommend you speak with a

lactation consultant and your doctor prior to starting fenugreek as there are side effects and should be avoided if you have certain food allergies.

-The greatest challenge is in the first three months of returning to work, when your baby's intake is increasing. Once the baby is 6 months and solids are introduced, the amount of milk needed should stay stable.

-Talk with a certified lactation consultant. The Duke health plans cover up to 6 visits with a lactation consultant free of charge. Visits may be virtual depending on consultant.

Other Resources:

- [Duke Human Resources](#)
- [American Academy of Pediatrics](#)
- [La Leche League](#)
- [Office on Women's Health](#)
- [Dr. Milk \(Facebook group\)](#)

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