



**PATIENT
EDUCATION**

Lactation Resources

CentraCare Lactation Support

- **Lactation (Breastfeeding) Clinic**, 320-654-3630, ext. 51990. Outpatient appointments, phone assist <https://www.centracare.com/services/birthing-services/st-cloud/lactation-clinic/>
- **CentraCare Plaza Clinic, Pediatrics & Adolescent Medicine**, 320-654-3610, ext. 70268. Outpatient appointments, phone assist
- **CentraCare – Long Prairie**, 320-732-2131. Inpatient services, outpatient appointments, phone assist
- **CentraCare – Melrose and Sauk Centre**, Inpatient services only
- **CentraCare – Monticello**, 763-271-2218. Inpatient services, outpatient appointments, phone assist, 24-hour availability
- **CentraCare – Paynesville**, 320-243-3767. Inpatient services, outpatient appointments, phone assist
- **CentraCare – St. Cloud Hospital**, 320-251-2700, ext. 52311. Inpatient services, phone assist
Hours: 7 a.m. to 3 p.m. every day. Messages will be returned within 24-48 hours.

CentraCare Successful Breastfeeding Classes

- Held at various locations and online. Register at <http://www.centracare.com/events>

Breastfeeding Support Groups

- **Baby Café (St. Cloud area)**, 320-654 3630, ext. 51990
- **Breastfeeding USA**, <https://breastfeedingusa.org>
- **La Leche League of St. Cloud**,
Jacqueline: 320-200-0470, MissJBrooks@gmail.com; Cali: 320-281-9095, CaliLLLMN@gmail.com
- **La Leche League of Minnesota**, 612-922-4996, www.llofmdas.org/find-a-group.html

Other Support Resources

- **Breastfeeding Helpline of the National Women’s Health Information Center**,
800-994-9622, Monday-Friday 9 a.m. to 6 p.m.
- **Infant Risk Center**,
806-352-2519, Monday-Friday 8 a.m. to 5 p.m., www.infantrisk.com
Information on medications during pregnancy and lactation
- **MotherToBaby**,
Call 866-626-6847, text 855-999-3525 or email contactus@mothertobaby.org, <https://mothertobaby.org>,
24-hour availability
Information on medications and more during pregnancy and lactation

Cell Phone Apps

- **CentraCare Baby**, Free on iPhone App Store or Google Play
- **LactMed**, Free on iPhone App Store or Google Play
- **March of Dimes My NICU Baby**, Free on iPhone App Store or Google Play
- **Text4baby** at www.text4baby.org, Free on iPhone App Store or Google Play

Online Resources

- **Breastfeeding USA**, <https://breastfeedingusa.org>
- **Center for Disease Control**, www.cdc.gov/breastfeeding
- **CentraCare Library**, www.centracare.com/wellness/health-library. Keyword search: breastfeeding
- **Central Minnesota Breastfeeding Coalition**, <https://www.facebook.com/CMBreastfeedingCoalition/>
- **Kellymom**, www.kellymom.com
- **LactMed**, <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>
- **La Leche League International**, www.llli.org
- **Minnesota Breastfeeding Coalition**, <https://mnbreastfeedingcoalition.org/>
- **Minnesota Department of Health**, <https://www.health.state.mn.us/people/breastfeeding/aboutbf.html>

Milk Donation - Donors must be prescreened. Call for more information on how you can donate.

- **Minnesota Milk Bank for Babies**, www.mnmilkbank.org, 763-546-8051 or info@mnmilkbank.org
- **CentraCare Milk Depot**
 - **CentraCare Plaza in St. Cloud**, call 320-251-2700, ext. 51990
 - **CentraCare – Monticello**, call 763-271-2218
 - **CentraCare – Long Prairie**, call 320-732-7290
- **Human Milk Banking Association of North America**, www.hmbana.org

If A Breast Pump Is Needed to:

- Assist a baby who is premature or has latching issues or other concerns
- Relieve discomfort from engorgement or sore nipples
- Help evert (pull out) nipples that are inverted or flat before breastfeeding/chestfeeding
- Help when separated from the child due to school or work
- Express milk and give in an alternative way

Check with your insurance company about coverage for a breast pump. Many will require a breast pump prescription from your provider and may have other requirements. Reach out to a lactation specialist with any questions about breast pumps.

Medical Supply Resources

STORE	CITY	PHONE NUMBER	TYPES
Allina Health Home Oxygen & Medical Equipment, www.allinahealth.org	Buffalo, St. Paul Cambridge, Hutchinson	612-262-7750	Rental Purchase
Brainerd Medical Supply, www.brainerdmedicalsupply.net	Brainerd	800-950-6006	Rental Purchase
Care Medical Supply, www.caremedicalsupplyincmn.com	Sauk Rapids	866-607-1754	Purchase
Corner Home Medical, www.cornermedical.com	St. Cloud	866-535-5335	Purchase
Freedom Medical	Waite Park	320-258-4055	Purchase
Milk Moms, www.milkmoms.com	Andover	763-413-0129	Purchase
Reliable Medical Supply, www.reliamed.com	Buffalo Waite Park	763-684-1778 320-259-5900	Purchase
Rice Home Medical, www.ricehomemedical.com	Alexandria Madison Redwood Falls Wilmar CentraCare Plaza	800-637-7795 320-251-2700, ext.73977	Purchase

Rental

Please see <https://www.mybreastpumprental.com/> for a direct-to-consumer rental program that Medela has built for the Medela Symphony *hospital-grade* pump.