

	Bras for breastfeeding and pregnancy	First Class Breast pumps for Sale (hand and small electric)	Breast pumps for Rent (Large electric)	Clinical breastfeeding accessories ↕	General Breastfeeding accessories	Second Class breast pumps*
VDKTurning Point At Grogan's 1016 S. Broadway M-F 9a – 6p 263-8857	Several styles bra fitting by appointment	Small Electric: Medela “Pump in Style” Hand pump: Medela ‘Harmony”	Medela Symphony and Lactina pumps *WIC *Medicaid	Breast shells Nipple shields		
Babies R Us Hamburg Pavilion Inside Toys R Us, on Nicholasville Rd.	Limited styles and sizes	Small electric: Medela “Pump in Style,” “Freestyle,” & “Swing”; Ameda “Purely Yours”; Lansinoh “Affinity” Handpump: Medela “Harmony”; Avent “Isis”		Nipple shields Breast Shells Larger flanges for pumps	Breast pads Milk Storage Bags Pillows Quick Clean bags	Playtex
Lori’s Gifts at the Women’s Hospital at St. Joseph East 170 N. Eagle Creek Dr. 967-5289 M-F 9a–8p; S-S 11a–6p		Small Electric: Medela “Pump in Style,”	Medela Symphony	Larger flanges for pumps	Breast pads Milk storage bags Quick Clean bags	
Blossom 814 Euclid Ave 859-389-6700 M-S 10a – 5p	Several styles and sizes				Breastfeeding tops, dresses, swimsuits Breastpads	
Motherhood Maternity Hamburg Pavilion Fayette Mall	Several styles and sizes	Small electric: Lansinoh “Affinity”			Breastfeeding tops, dresses, swimsuits Breastpads	
Walmart (all locations)	Limited styles and sizes	Small electric: Lansinoh “Affinity”; Avent “IQ” Handpump: Medela “Harmony”, Lansinoh			Lansinoh cream Avent bottles Breast pads Milk storage bags	Evenflo Playtex NUK MiPump
Target (all locations)	Limited styles and sizes	Small electric: Lansinoh “Affinity”; Medela “Pump in Style,” and “Swing” Handpump: Medela “Harmony”, Avent “Isis” handpump;		Nipple shields	Avent bottles Breast pads	Evenflo First Years Tommee Tippee Playtex
Kroger (most locations)						Evenflo

♦ For specific therapeutic needs, used under lactation consultant guidance.

*Mothers generally report that they do not like these pumps – they are slow, often pump only one side at a time, the motors tend towards a short life-span, and they do not express much milk easily. These pumps can cost a lot, and some stores will not accept them back after they have been used. This information is meant to inform. It is not a complete list of all available products.

WIC is an equal opportunity program. Persons who believe they have been discriminated against because of race, color, national origin, sex, age or disability should write to the Secretary of Agriculture, USDA, Washington D.C. 20250

General Counseling and Information for Mothers and Families

Lexington Health Department
Breastfeeding Warm Line 288-2348

La Leche League

Ruth 859-559-8488
April 859-351-9865

Prenatal Breastfeeding Classes

All classes are open to the public. Call to confirm times, costs.

UK Medical Center	257-5168
Baptist Health-Lexington	260-6433
St. Joseph Hospital East	967-2229
Baby Moon	420-6262
Babies "R" Us	263-8598
Lexington Health Dept	288-2348

Lactation Consultants

International Board Certified Lactation Consultants (IBCLC) handle breastfeeding problems and questions big and small.

Bluegrass Lactation Consulting, Inc
227-6667

Home visits, pay at time of service.
Available evenings and weekends

Baby Moon, 335-5949

Clinical services by appointment.

Baptist Health-Lexington Outpatient Lactation, 260-4156 or toll-free at 885-260-4156. Also available via Skype at "CBH lactation consultants. Clinical services by appointment.

UK "Mommy & Me" outpatient lactation, 323-6211.

Clinical services by appointment.

Breast Pumps

(see reverse for local availability)

In general, pumps made by companies specializing in breastfeeding equipment tend to be more effective and durable than those made by companies also making toys or other infant-feeding equipment or foods. Better brands (First Class) are **Medela, Ameda, and Avent**. Although they may cost a bit more to buy, mothers report that these brands generally work better than other, cheaper pumps. They are also covered by a warranty.

Mothers needing to pump once in a while may be able to express milk by hand or using a simple hand pump.

Mothers needing to pump daily should invest in a portable electric pump. These pumps express both sides at the same time. They plug into a standard outlet. Adaptors for cars are available, and they can run on batteries if needed.

Mothers with a hospitalized child or a very low milk supply may need to use a large, hospital-grade breast pump. These are rented from a medical supplier and require a prescription from a physician.

Your insurance company may cover the cost of renting or purchasing a breast pump. Ask them during your pregnancy for details on what they will cover and how their system works. Medicaid and WIC can also help with getting a breastpump.

**Breastfeeding Support Services
Lexington-Fayette County Health
Department**

805A Newtown Circle
Lexington, KY 40511
(859) 288-2348

www.lexingtonhealthdepartment.org



Breastfeeding Resources in Lexington



- Counseling/information
- La Leche League
- Lactation Consultants
- Breastfeeding Accessories
- Breast Pumps

**Breastfeeding Support
Services Program
Lexington-Fayette Co.
Health Dept.
859-288-2348**