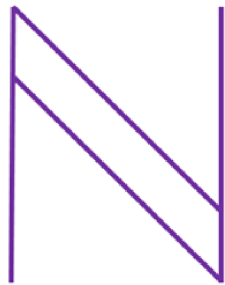


BREASTMILK:

The most important gift for your premature baby



NICU NUTRITION

Why is my breastmilk best?

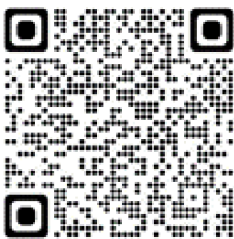
Your breastmilk contains **invaluable nutrients and immune factors** that help your baby grow and develop well. Premature babies get **extra benefits from mom's breastmilk, such as** decreased risk of a serious infection in the intestines called necrotizing enterocolitis (NEC).

How can I provide breastmilk for my baby?

Premature babies are not strong enough to feed at the breast so they receive expressed breastmilk instead. We highly recommend **pumping as soon after birth** as you are able. Ask your bedside nurse or a lactation consultant for help pumping as soon as you are ready. **Frequent pumping (every two to three hours)** will mimic the frequency of a newborn's feeding pattern and promote a good milk supply.

Where can I pump at the hospital?

We encourage you to pump at your baby's bedside. Being closer to your baby while pumping can increase the amount of milk you produce.



For more information visit:
www.NICUnutrition.com

Why can't I just use donor breastmilk?

Your fresh milk is best for your baby. Donor human milk must be pasteurized for safety, which kills the infection-fighting live cells. It is a good bridge when a mother is **actively pumping** and trying to increase her own milk supply but it is not an equal substitute.

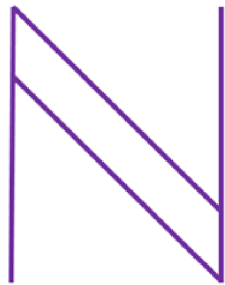
How can I learn more about breastfeeding? What should I do if I have a problem?

A lactation consultant will meet you after your baby is born to help guide and support you through your breastfeeding and pumping journey. The lactation consultant will be able to answer your questions about breastfeeding and pumping. If you'd like to speak with a lactation consultant, please notify your bedside nurse, or call 205-975-8334.

How should I store my breastmilk?

| Type of Breast Milk | Storage Location | | |
|-----------------------|-------------------------------|----------------|---------------------|
| | Countertop | Refrigerator | Freezer |
| Fresh | Up to 4 hours | Up to 4 days | 6 months (12 max.) |
| Thawed | 1-2 hours | Up to 24 hours | NEVER refreeze milk |
| Leftover from Feeding | Use within 2 hours of feeding | | |

HOW TO GET A BREAST PUMP



NICU NUTRITION

Public Insurance (Medicaid, TRICARE/VA, CHIP)

If you have WIC, you will need to reach out to your county's health department and let them know your baby was born prematurely and you need a breast pump. If you are already established with WIC you can call and schedule a pickup for your free pump. If you previously did not have WIC, but now qualify, you will have to schedule an initial intake appointment to get your free pump.



Download the *Pacify* App, free for WIC members, for 24/7 access to registered nurses, lactation consultants and dietitians.

Do I qualify for WIC?

- WIC eligibility is based off your income — scan the QR code to access a WIC prescreening tool and see if you qualify
- You are automatically eligible for WIC if you are eligible for SNAP benefits, Medicaid, and/or TANF



Private Insurance (BCBS, VIVA, Aetna, United, Cigna, etc.)

Contact your insurance provider by calling the number on the back of your insurance card and ask if you have breast pump coverage. If you do, ask how and where you can get a breast pump; most require that you get a physician's prescription. Some insurance companies may have a preference for a specific medical supply company. Ask your nurse, social worker, an OBGYN, or Nurse Practitioner to get you a prescription for a pump.

After receiving a prescription, you can get a pump from multiple suppliers, including:

- **Med-South, Inc.**
 - 205-322-5353 | 1506 5th Ave S, Birmingham, AL 35233 | Hours: M-F 8:30-5
 - Medical equipment company within walking distance of hospital. Bring your prescription with you and you can select your pump that day.
- **Aeroflow Breast Pumps**
 - 844-867-9890 | aeroflowbreastpumps.com
 - Enter your insurance information, they verify your coverage and submit paperwork, you select your pump and they ship it straight to your door.
- **BabyList Health**
 - babylist.com/health
 - Enter insurance information, select your pump, and they ship it to you.