



Lactation Consultant & Services

Holly McClain is a board certified lactation consultant and pediatric nurse who has been with Capitol Medical Group since 1994. You can schedule a lactation appointment with your first newborn visit or at any point that you have breastfeeding/feeding concerns. All visits with Holly will be in conjunction with a physician or nurse practitioner.

Commonly addressed concerns include: latching difficulty and soreness, engorgement, low

supply/oversupply, pumping and returning to work, weaning from breastfeeding, and breastfeeding supplies.

In addition, you can also purchase/rent hospital grade pumps, pump parts, and most supplies from our breastfeeding office.

Additional resources:

- [Lactmed](#) - The LactMed database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. You can input the name of medications to help determine if safe to take while breastfeeding.
- [Stanford University Hospital Pump Study](#) - This video demonstrates some ways that pumping mothers can increase production, done by the Stanford University Hospital Newborn Nursery.
- [Paced bottle feed video \(youtube\)](#) - A video that demonstrates paced bottle feeding.
- [Power Pumping](#) - This is a link for information about another way to increase supply, and to only try for 3-6days.
- [Kellymom.com](#) – General breastfeeding and newborn care.

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