



## Utah State Resources

La Leche League of Utah  
801-264-LOVE  
[www.llusa.org/UT](http://www.llusa.org/UT)

Pregnancy Riskline (Medication  
Questions)

1-800-822-BABY  
801-328-2229

Utah Breastfeeding Coalition  
1-877-632-7975  
[www.utahbreastfeeding.org](http://www.utahbreastfeeding.org)

Women, Infants and Children (WIC)  
1-877-942-5437  
[www.health.utah.gov/wic](http://www.health.utah.gov/wic)

### Bear River (Cache, Box Elder and Rich counties)

#### WIC Clinics

WIC  
817 West 950 South  
Brigham City, UT 84302  
(435)734-0845

WIC  
655 East 1300 North  
Logan, UT 84341  
(435)792-6451

WIC  
275 North Main Street  
Randolph, UT 84064  
(435)793-2445

WIC  
125 South 100 West  
Tremonton, UT 84337  
(435)257-3318

#### Other Community Resources

La Leche League of Box Elder  
La Leche League of Logan (435) 554-8667  
[www.llusa.org/UT](http://www.llusa.org/UT)

## Hospitals/Clinics

Brigham City Community Hospital MSH  
950 South Medical Drive  
Brigham City, UT 84302  
(435)734-4136 Labor & Delivery

- Prenatal class with BF component
- Inpatient breastfeeding assistance

Logan Regional Hospital IHC  
500 East 1400 North  
Logan, UT 84341  
(435)752-0422 Women and Newborn Center  
(435)716-2560 Lactation  
(435)716-2560 Rental Station & Retail Store  
*Mon-Fri: 8:30 am- 5:00 pm (closed 12:30-1:30)*  
*Prenatal breastfeeding classes: \$15/couple, 3<sup>rd</sup> Fri*  
*Post partum breastfeeding consult: \$35/hour*

- Breastfeeding supplies
- IBCLCs on staff
- Guest speakers available

Bear River Valley Hospital IHC  
905 North 1000 West  
Tremonton, UT 84337  
(435)207-4681 labor and delivery

*Referral to Logan Regional Medical Center*

- Inpatient assessment, BF assistance
- Electric pump for in hospital use

#### Pump Rentals/Breastfeeding Supplies

Cache Valley Oxygen  
1395 North 500 East, Suite A  
Logan, UT 84341  
(435)752-2227

*Medela pump rentals*

Intermountain Home Care  
1400 North 550 East  
Logan, UT 84341  
(435)716-5396  
*Ameda and Medela pump rentals*

## **Breastfeeding Information Websites**

### **Breastfeeding Help & Support**

Business Case for Breastfeeding -  
<http://www.womenshealth.gov/breastfeeding/government-programs/business-case-for-breastfeeding/>

Choosing a Baby-Friendly Birthing Facility -  
[www.babyfriendlyusa.org/](http://www.babyfriendlyusa.org/)

Daily Inspiration for the Nursing Mother -  
[www.lactations.com/index.php](http://www.lactations.com/index.php)

Find a Lactation Consultant -  
[www.ilca.org/i4a/pages/index.cfm?pageid=3337](http://www.ilca.org/i4a/pages/index.cfm?pageid=3337)

La Leche League International - [www.llli.org/](http://www.llli.org/)

Utah Breastfeeding Coalition -  
[www.utahbreastfeeding.org/](http://www.utahbreastfeeding.org/)

### **Medications & Other Exposures**

Alcohol Elimination in Breastmilk  
-[www.motherisk.org/women/updatesDetail.jsp?content\\_id=347](http://www.motherisk.org/women/updatesDetail.jsp?content_id=347)

LactMed - <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

Pregnancy RiskLine, Utah Department of Health -  
[www.health.utah.gov/prl/](http://www.health.utah.gov/prl/)

Texas Tech University Health Sciences Center (Dr. Hale) - [www.infantrisk.com/](http://www.infantrisk.com/)