



Utah Community Resources

La Leche League of Utah
801-264-LOVE
www.llusa.org/UT

Pregnancy Riskline (Medication Questions)

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

Utah County

Hospitals/Clinics

American Fork Hospital IHC
170 North 1100 East
American Fork, UT 84003
(801)855-3300

- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother's Touch Lactation

Orem Community Hospital IHC
331 North 400 West
Orem, UT 84057
(801)224-4080

- Prenatal classes with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother's Touch Lactation

A Mother's Touch Lactation Clinic IHC
527 West 400 North, Ste. 3
Orem, UT 84057
(801)714-3327

- Lactation consultation by appointment
- Rents Ameda pumps

Timpanogos Regional Hospital MSH
750 West 800 North
Orem, UT 84057
(801)714-6025 OB
RN inpatient BF assistance

Mountain View Hospital MSH
1000 East 100 North
Payson, UT 84651
(801)465-7000

- RN inpatient BF assistance
- Inpatient pumps available

Utah Valley Regional Medical Center IHC
1034 North 500 West
Provo, UT 84604
(801)357-7850

- Prenatal class with BF component
- Breastfeeding classes
- Inpatient BF assistance
- Referral to A Mother's Touch Lactation

WIC Clinics

WIC
599 South 500 East
American Fork, UT 84003
(801)851-7320

1549 South State, Ste. 104
Orem, UT 84057
(801)851-7340

910 East 10 North,
Ste. 175
Payson, UT 84651
(801)851-7360

151 South University Avenue Ste. 2100
Provo, UT 84601
(801)851-7300

Pump Rentals/Breastfeeding Supplies

Praxair Medical
400 North Geneva Road, Ste. F
Lindon, UT 84042
(801)374-2556 or (801)785-1000
Rents Ameda and Medela pumps

For Every Mother
1410 North Main Street
Orem, UT 84057
(801)224-4143
Rents Ameda and Medela pumps

B & H Pharmacy
286 Center Street
Provo, UT 84601
(801)373-7288
Rents Ameda Elite pumps

Intermountain Home Care
289 West 1230 North
Provo, UT 84604
(801) 357-8250
Rents Ameda and Medela pumps

Art City Pharmacy
405 south Main Street
Springville, UT 84663
(801)489-5618
Rents Ameda and Medela pumps

Wasatch County

Hospitals/Clinics

Heber Valley Medical Center IHC
1485 South Highway 40
Heber City, UT 84032
(435)654-2500

- Lactation consultations
- Pumps available inpatient

WIC
55 South 500 East
Heber City, UT 84032
(435)657-3266

Other Local Resources

La Leche League of Northern Utah County
Kathy (801) 785-6764, kvmama08@hotmail.com Janet
(801) 341-5047
La Leche League Provo/Orem
www.llusa.org/UT
La Leche League of Spanish Fork
Kathleen (801) 794-0018

Birthing Your Way

- In-house breastfeeding help
- outpatient Breastfeeding clinic by appointment

Breastfeeding Information Websites

Breastfeeding Help & Support

Choosing a Baby-Friendly Birthing Facility -
www.babyfriendlyusa.org/

Find a Lactation Consultant -
www.ilca.org/i4a/pages/index.cfm?pageid=3337

Utah Breastfeeding Coalition -
www.utahbreastfeeding.org/

La Leche League International

llli.org

General Information

American Academy of Family Physicians (AAFP) -
<http://familydoctor.org/online/famdocen/home/women/pregnancy/birth/019.html>

American Academy of Pediatrics (AAP) -
www.aap.org/breastfeeding/familiesLanding.html

National Women's Health Information Center -
www.womenshealth.gov/breastfeeding

International Breastfeeding Centre -
www.drjacknewman.com/

Kellymom Breastfeeding & Parenting -
www.kellymom.com/

Other Breastfeeding Topics

Adoptive Breastfeeding -
www.fourfriends.com/abr/

Breastfeeding after Reduction - www.bfar.org

Breastfeeding and Working -
www.workandpump.com/

Donor Milk - www.hmbana.org

Academy of Breastfeeding Medicine – bfmed.org