

Employee Lactation Spaces at Dartmouth Hitchcock Medical Center

Location	Building/ Level	Room Number	Employee Use	Visitor Use	Spaces available	Notes
Pavillion - Level 1	Building 9 Level 1	193J2	X	X	1	
Pavillion - Level 3 Near Heart & Vascular and Med Specialties	Building 9 Level 3	393J5	X	X	1	
Pavillion - Level 4 Near Heart & Vascular	Building 9 Level 4	493J5	X	X	1	
DHMC – Level 1 Wing C/ Wing D	Building 1 Level 1	114Q03	X	X	1	Locking door
DHMC – Level 3 East Mall	Level 3	Mamava	X	X	1	Near East Mall Café
DHMC – Level 3 Near Moose	Level 3	Mamava	X	X	1	North end of the North Mall; near spiral staircase
DHMC – Level 4 Near Cardiac Rehab & Ophthalmolgy	Building 5 Level 4	B5L4	X	---	2	Access code required. Available at Main Rotunda or by contacting Lifestyle Improvement, (603) 650-5950, M-F 7:30- 3:30pm.
DHMC – Level 5 Near Anesthesiology Conference Room	East Mall L5	Mamava	X	X	1	Mamava has app you can download to reserve.
DHMC – Level 5 Near Birthing Pavilion	Building 2 Level 5	Call Room	X	---	1	Local staff access
DHMC – Level 5 Resident Call Room	B2 L5	Resident Call Room	X	---	PRN	Resident and Medical Students
DHMC – Level 5 Near Aud. H	B2 L5	573G05	X	---	1	On level 5, close to Auditorium H Located near the restrooms
DHMC – Level 5 TDI Office	B2 L5	TDI office	X	---	1	TDI Staff
DHMC – Level 5 Repite Space, East Mall	Level 5	Mamava	X	X	1	Located within employee respite area
DHMC - Level 5 GME Admin Offices	Level 5	GME Office	X	---	1	For GME staff, Residents and Fellow use

We suggest that you work with your manager to find Lactation Spaces closest to your work area. It is a good idea to find a few before you need them, in case the space you use is occupied. With the app, you can reserve a Mamava of your choice for a certain time. Otherwise, all spaces will be first come, first served. We are working with a group of people from different areas to find a better way to share employee lactation and refresh space locations.

Please contact the Lifestyle Improvement Program if you have questions or concerns.

GME Residents/Fellows contact the GME Office (gme.office@hitchcock.org) for access to the GME lactation room (with pumps and refrigeration).

Employee Lactation Spaces at Other Lebanon Locations

Location	Address	City	Building/ Level	Room Number	Employee Use	Visitor Use	Spaces available	Notes
21 Lafayette - Centerra Park	21 Lafayette Street	Lebanon	L2	205	X	---	1	Also used as commuter office
Colburn Hill - Level 2	444 Mount Support Road	Lebanon	B24	C209	X	---	2	Access code required. Available by contacting Lifestyle Improvement (603) 650-5950, M-F 7:30-3:30pm
Heater Road Clinic - Level 3	18 Old Etna Road	Lebanon	B30 L2	3307D10	X	---	1	
Heater Road Clinic Nourishment Center	19 Old Etna Road	Lebanon	B30 L1	Mamava	X	X	1	
Out Patient Surgery Center (OSC)	36 Lahaye Drive	Lebanon	L1	1186E02	X	---	1	Local staff only
LaBombard	52 N. Labombard	Lebanon	L2		X	---	1	also serves as respite space

Employee Lactation Spaces in the Clinic Locations

Location	Address	City	Building/ Level	Room Number	Employee Use	Visitor Use	Spaces available	Notes
Bedford Farms 5	5 Bedford Farms Road	Bedford	Building 5 Level 2	Near Kitchen	X	---	1	
Concord Clinic	253 Pleasant Street	Concord	PRN	PRN	X	---	PRN	Employee may use an exam room/office
Manchester Clinic East Side - Level 1	100 Hitchcock Way	Manchester	Level 1	Mamava	X	X	1	Mamava has app you can download to reserve.
Nashua Clinic - Level 1	2300 Southwood Drive	Nashua	Level 1	8	X	---	1	ASC PACU only

Lactation resources

We offer [resources, support and flexibility](#) to our employees who are lactating so you can express breast milk during the workday when separated from your newborn child. For questions about using break time or finding a suitable lactation room, call the Lifestyle Improvement Program at [603-650-5950](tel:603-650-5950) or email lifestyleimprovement@hitchcock.org.

Planning for your lactation at work Talk to your manager

Having a plan prior to your return to work will help ease the transition. Here are some tips to help you plan for and support your lactation while at work. Employees seeking time away to express milk should work with their manager to identify a private place—other than a bathroom—that may be used to express milk. Managers and employees are encouraged to contact the Lifestyle Improvement Program for assistance with identifying an appropriate location.

Have a conversation with your manager about your intentions to pump before you go on maternity leave and again a few weeks before you return to work. This conversation should include your anticipated schedule and a request to access appropriate space.