

Lactation Support Resource Spaces

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.

Planning for your lactation at work: Talk to your manager

Having a plan prior to your return to work will help ease the transition. Having 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* is extremely helpful. This conversation should include your anticipated schedule and a plan to access appropriate, local space to pump.

Here are some tips to help you plan for and support your lactation while at work:

- Work with your manager to identify a private place, other than a bathroom, that may be used to express milk.
- It is a good idea to locate or plan for a few spaces you can use, before you need them, in case the space you tend to use is occupied.
- With the [Mamava app](https://www.mamava.com/mobile-app) (<https://www.mamava.com/mobile-app>), you can reserve a pod of your choice for a specific day/time. Otherwise, all spaces are first come, first served.

Questions?

- For questions about lactation or lactation at work: contact the [Lactation Services](#) and Lactation Clinic at [603-650-6159](tel:603-650-6159)
- Using break time: call Employee Relations at [603-653-1570](tel:603-653-1570) or employee.relations@hitchcock.org or [askHR](#)
- GME Residents/Fellows - contact the GME Office (gme.office@hitchcock.org) for access to the GME lactation room (with pumps and refrigeration).

Jump to Location Info: [DHMC](#) [Other Lebanon Locations](#) [Dartmouth Hitchcock Clinics Locations](#)

DHMC Locations – Lactation Support Resource Spaces

DHMC - Lebanon	Location Description	Building Level	Room Number	Employee Use	Visitor Use	Spaces available	Sink with hot water	Microwave	Refrigerator in space	Reservable	Notes
Pavilion - Level 1 Near Nursing Education	Past Chapel and Lounge	Building 9 Level 1	193J2	✓	✓	1		---	---	---	Locking door
Pavilion - Level 3 Near Heart & Vascular and Med Specialties	Access from staff Lounge; in the main corridor, by employee elevators near windows	Building 9 Level 3	393J5	✓	✓	1		---	---	---	Locking door
Pavilion - Level 4 Near Heart & Vascular	Access from staff Lounge; in main corridor by employee elevators near windows	Building 9 Level 4	493J5	✓	✓	1		---	---	---	Locking door
DHMC – Level 1 Wing C/ Wing D	Next to main hospital elevators, near fireplace.	Building 1 Level 1	114Q03	✓	✓	1	---	---	---	---	Locking door
DHMC – Level 3 East Mall	Across from East Mall Café	Level 3	Mamava	✓	✓	1	---	---	---		Reservable with Mamava app
DHMC – Level 3 Near Moose	North end of the North Mall; near spiral staircase	Level 3	Mamava	✓	✓	1	---	---	---		Reservable with Mamava app
DHMC – Level 4 Near Cardiac Rehab & Ophthalmology	From the elevators, walk straight ahead and take the small hallway on the left. It is the second door on the left	Building 5 Level 4	B5L4	✓	---	2			---	---	Access code required: available at Rotunda Information Desk
DHMC – Level 5 Near Anesthesiology Conference Room	North end of the East Mall, above Same Day Surgery	East Mall L5	Mamava	✓	✓	1	---	---	---		Reservable with Mamava app

DHMC - Lebanon	Location Description	Building Level	Room Number	Employee Use	Visitor Use	Spaces available	Sink with hot water	Microwave	Refrigerator in space	Reservable	Notes
DHMC – Level 5 Near Birthing Pavilion	Located within the Staff Call Room	Building 2 Level 5	Call Room	✓	---	1	---	---	---	---	Local staff access only
DHMC – Level 5 Resident Call Room	Located within the Resident Call Room	Building 2 Level 5	Resident Call Room	✓	---	PRN				---	Resident, Fellows and Medical Students All are available in the Call Room or associated area. For access contact GME.Office@hitchcock.org
DHMC – Level 5 TDI Offices	From L5 Main Rotunda, go thru double-doors and take the first hallway on the right. It's the second door on the left	Building 2 Level 5	573G05	✓	---	1	---	---	---	---	On level 5, close to Auditorium H Located near the restrooms
DHMC – Level 5 TDI Office	For TDI Staff	Building 2 Level 5	TDI office	✓	---	1	---	---	---	---	TDI Staff
DHMC – Level 5 Refresh Space	South end, East Mall, Level 5 near public stairwell	Level 5 East Mall	Mamava	✓	✓	1	---	---	---		Located within employee Refresh area. Reservable with Mamava app
DHMC - Level 5 GME Admin Offices	Located within the GME offices. Take the stairwell by Moose to the 5th floor	Level 5	GME Office	✓	---	1				---	For GME staff, Residents and Fellow use. All are available in the Call Room or associated area. For access contact GME.Office@hitchcock.org

Please connect with your local leadership to identify best pumping location for you.

Other Lebanon Locations – Lactation Support Resource Spaces

Location	Address	Building Level	Room Number	Employee Use	Visitor Use	Spaces available	Sink with hot water	Microwave	Refrigerator	Reservable	Notes
21 Lafayette Centerra Park	21 Lafayette Street	L2	205	√	---	1	---	---	---	---	Also used as commuter office
Colburn Hill Level 2	444 Mount Support Road	B24	C209	√	---	1		---		---	Access code required.
Heater Road Clinic Level 3	18 Old Etna Road	B30 L2	3307D10	√	---	1	---	---	---	---	Managed locally
Heater Road Clinic Nourishment Center	18 Old Etna Road	B30 L1	Mamava	√	√	1	---	---	---		Reservable with Mamava app
Outpatient Surgery Center (OSC)	36 Lahaye Drive	L1	1186E02	√	---	1	---	---	---	---	Local staff only
Labombard	52 N. Labombard Road	L2		√	---	1	---	---	---	---	Also serves as respite space

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Dartmouth Hitchcock Clinics Locations – Lactation Support Resource Spaces

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

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