

BACK TO WORK AND PUMPING

Housestaff Resources



Where to begin

- Request schedule adjustments (particularly in continuity clinics) to accommodate the appropriate amount of time for pumping. Ask chiefs to help you coordinate this!
- Plan out the logistics prior to starting your rotations. Information provided for facilities/accommodations available at each clinical site.
- Ask the chiefs for a pumping door tag if you would like one!



Outpatient Clinics

Best to elicit the help of your Chief Residents to determine your options. In continuity clinics, you can block a patient timeslot to allow a break for pumping. Many residents find it helpful to do this at the beginning or end of clinic. Often residents have pumped prior to clinic, then blocked the last 30 minute timeslot but you can request to block a patient slot for a pump time that would work best for you (ex. in the beginning, middle, or end of clinic).

Rose – There is a lactation room on the first floor, you can ask security or Dr. Aguilar to show you. Just knock on the door when you go in. The phone there is 7599 and there is a computer. There is a fridge in there for milk if needed. There is also a breakroom on the first floor with a microwave and sink. There is a bathroom near the breakroom also.

Simms-Mann – There is a lactation room on the other side of the main check-in desk although it is not always available. You can also pump in an empty patient room, just ask the MAs. On the third floor there is a breakroom with a fridge, microwave, and sink. FYI the fridge is cleaned out at **4:30 pm on Friday** afternoons!

Colen – There is usually a designated office or counseling room available for pumping at Colen. Check with clinic manager: Ivette Sansores. There is a microwave, fridge, and sink in the staff kitchen area.

West LA Pediatrics - There are offices available above the clinic. Make sure to ask the clinic manager for help!

PCC - can ask to use an empty patient room. Write your name on the board so the nurses know. If busy, then also check if the infusion center has an extra room.

There is a fridge in module 3. Room 428 is also a lactation room available for housestaff. If you want to use this room, email gme@mednet.ucla your UID# and Prox # (six digit number on the back of your back badge). The GME office will then reach out to security on your behalf to request badge access. GME will notify you once access has been granted.

Development in 300 Medical Plaza Building - can ask to use an empty patient room. The door locks can be confusing so ask how to use them if needed.

Ronald Reagan Medical Center

Check with chiefs, HR, and/or Cherie for more specifics if the options in this section do not work for you.

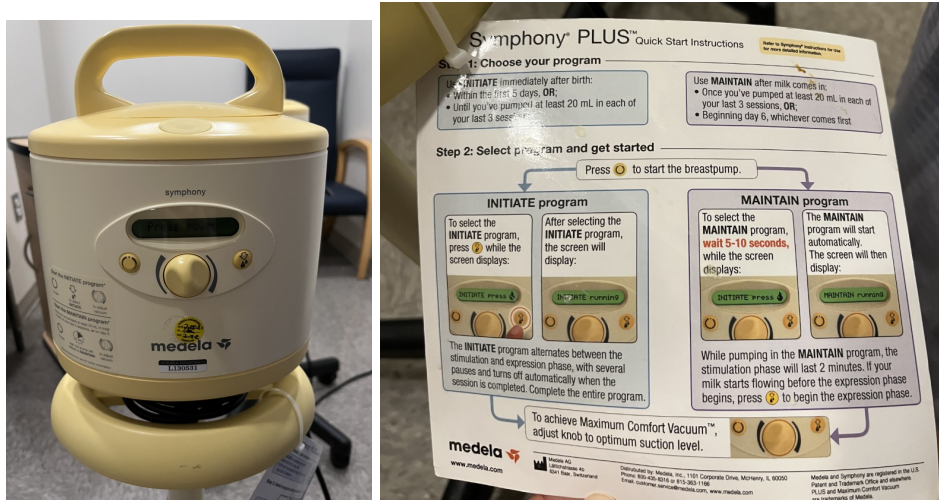
Peds call rooms: 5th floor (wards senior & intern, PICU, NICU) and 3rd floor (wards intern). Sink and fridge in 5W break room.

Basement Call Rooms: Cozy, locked, and have computers.

Staff Lactation Room (B706): Code is #7706 with plan to open up for scheduling via MS Outlook (not currently available). Contains sink, 3 chairs, and Medela Symphony pumps (photos below).

Breast milk storage: Fridge in 5W break room, PICU lounge (next to the attendings' office), NICU/OB lounge (located in L&D), 3F (next to the heme/onc workroom), or the Basement Resident Lounge.

B706:



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UCLA Campus Resources (including map):

<https://www.chr.ucla.edu/benefits/support-nursing-mothers-at-work>

Santa Monica Hospital

For alternative options consider checking with the charge nurse at SM.

Call rooms: There are Peds senior and intern call rooms downstairs with a small break room with microwave and fridge. There is also a sink within the senior call room.

Breast milk storage: Refrigerator is available in the Resident Lounge at the end of the hall on the right in Suite 1420 or in the RN lounge on the 6th floor

Lactation room 2242: On 2nd floor by elevators closest to cafeteria side. Has one chair and sink. **Badge access** - Ask Cherie to request badge access for you by emailing your UID (front of UCLA ID) and prox number (5-6 number on back of UCLA ID) to smproxcardaccess@mednet.ucla.edu.



Lactation room 2448: Code access **123456**. In post-partum area on 2nd floor. Has 1 chair, sink, and medela pump.



Alternative: (Not an official lactation room) Storage closet in 1st Floor Medicine Library – locks and has a plug for bringing your own pump.

Forget Parts?

Replacement flanges, bottles or valves are available in the L&D unit (5th Floor).

Olive View Medical Center

Option#1: Resident Call Room on 4C

Option #2: Staff Lactation room 4B126. Code is 523523

- **Exit 4C from the hallway with our morning report workroom. Take the first hallway on the right and the room is up on the right.**
 - For issues with code, contact Rosamaria x74444 or Gina in Nursing Admin 7:30am-4:30pm. They will ask you to fill out paperwork and provide info about door code and employee lactation rights.
 - Shared room with 2 pumps separated by privacy partitions and fridge
 - Recommend going off “peak hours” (9am, 12pm, 3pm) to avoid the traffic jams.

Option #3: Cottage

- For Women and Children’s Center or J3 clinic, you can pump in the cottage in Bahareh’s office (just text on way to cottage!), Shannon’s office (just knock and ask!), or shared back office which is often empty. There is a fridge and sink in kitchen areas of cottage and WCC.

Break room with fridges and sinks next to clinic M (door to left of clinic M when facing clinic M...it’s towards the 2nd floor lobby code 12345). Shared break room with other hospital employees though not technically a lactation room.

OV Hospital Lactation Team: Danielle DeVito (Ddevito@dhs.lacounty.gov)

Miller Children’s Hospital

[Please see breastfeeding support guide for employees link.](#) The 2nd and 3rd page has all the pumping locations listed for employees that the residents are welcome to use as well. Unfortunately, the hospital does not provide refrigerators to store breastmilk. Employees usually bring their personal, small coolers or there is a fridge in the break room near the senior call room. The pumping pod is also now open for use. It is next to the infusion center.

Cedars Sinai Hospital

Physician Workroom: The best place to pump is probably the private sleep rooms within the Physician workroom. Just put a sign on the door to not enter (pumping) since the locks don’t always work. There is a fridge and microwave within the workroom.

Lactation consultant: Rosie Salazar

Harbor UCLA

Lactation rooms:

8E (RR804): Provides industrial Medela machine and staff can bring their own adapters

Other – Employee Health (basement) and use private rooms if so desired.

Lactation consultant: Artie McCullough, RN, IBCLC

Pager (310) 501-4935 or phone (310) 222-2052 (x2052 when at Harbor).

Rehabilitation center at 1000 Veteran Ave (ex. NRP, PALS, BLS training etc)

Lactation room:

- **Room A-646** code **180246** on floor A. Contains 2 stations (one of which can be reserved on calendar in the room). Open 8 am-5 pm.

CHS Building at UCLA (ex. Sim center, ITE, etc.)

Lactation rooms:

- Contact who manages CHS lactation rooms: Brenna Tam at BTam@mednet.ucla.edu or 503-705-7424. If using the CHS rooms more than occasionally, then please let Brenna know so you can be added to listserv for pump room updates.
- CHS room **17-311** labeled “storage” code **917311**. It’s near Cafe Med on the first floor corridor 7.
 - 2 stations separated by curtains and fridge pictured below. There is no sink unfortunately. One of the stations can be reserved here: <https://lactationchs.youcanbook.me/>



- CHS room **33-337** code **933337** on 3rd floor. Also with 2 stations.
- Sim center contact: simteam@mednet.ucla.edu. Note that Sim center will hopefully have a lactation room when moved into new space in Rosenfield hall in 2023!

UCLA campus map of lactation rooms: <https://map.ucla.edu/?f=5>

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Lactation Support/Education

Pump Station (Santa Monica, CA) - <http://www.pumpstation.com/pumpstation/ClinicalResources>

Le Leche League - <http://www.llli.org/>

Kelly Mom - <http://kellymom.com/>

Infant/Toddler Nutrition

Weelicious - <http://weelicious.com/>

Wholesome Baby Food <http://wholesomebabyfood.momtastic.com>

Lactation Accommodation Policy

Policy:

<https://www.chr.ucla.edu/policies-and-labor-contracts/ucla-lactation-accommodation-procedures>

