

## University of Colorado Hospital

Building	Floor	Room Number	Unit	Access Method
AIP	2	2.2341.5	CTICU	Keypad*
AIP	3	3.2210.7	Burn	Keypad inside gym
AIP	4	4.124	Birth Center/WCC	Open
AIP	7	7.065	Neuroscience	Keypad*
AIP	8	8.1	Cards 8W	Keypad*
AIP	9	9.137B	Pulmonary	Keypad*
AIP	10	10.079	MSPCU	Keypad*
AIP2	1	1.386	Emergency	Keypad*
AIP2	2	2.510-A	Neuro ICU	Keypad*
AIP2	2	2.382	Perioperative	Keypad*
AIP2	3	3.615	CICU	Keypad*
AIP2	5	5.518C	STICU	Keypad*
AIP2	6	6.760A	Surgical Spec.	Keypad*
AIP2	7	7.511A	MHSU	Keylock
AIP2	8	8.762A	Orthopedics	Keypad*
AIP2	9	9.761A	MDSS	Keypad*
AIP2	10	10.518A	MICU	Keypad*
AOP	2	2114.16	Day Surgery	Badge into unit
AOP	3	3459	Women's Health	Open
Cancer Center	2	CP-2078	Cancer Center	Keypad*
Cancer Center	2	CP-2079	Cancer Center	Keypad*
RMLEI	1	EI-1045	Eye Center	Keypad*
AOP	3			
AOP	3			

*\*Refer to the UCHHealth The Source for keypad codes*

Last update 4.19.2023

**DENVER HEALTH LACTATION ROOMS - Updated 1.9.23**

**MAIN CAMPUS**

UNIT NO	BUILDING	FLOOR	ROOM	HOURS	AMENITIES												ACCESS	
					PUMP	CHAIR	TABLE	CLOCK	TB/WT BRD	TRASH BIN	SIGNG	SINK	HAND SAN	WIPE/T WL	LIGHT	OTHER		
1	Pavilion A	1	A1561	24 hours		X	X			X		X				X		Open, no key required
1	Pavilion A	6	A646A	24 hours	Medela Symphony	X	X			X	X	X		X	X	X	Window; Curtain	Open, no key required
2	Pavilion B	2	B266	24 hours		X	X			X			X	X	X			Punch pad Code 29290#
10	Pavilion C	1	C195	24 hours	Medela Symphony	X		X	X	X	X	X	X	X				Open, no key required
10	Pavilion C	1	C197	24 hours	Medela Symphony	X	X	X	X	X	X	X	X	X			2 comfortable, rocking chairs	Open, no key required
10	Pavilion C	3	C369 thru NICU	24 hours	Medela Symphony	X	X	X	X	X	X	X	X	X			Phone; Gloves	Open, no key required
10	Pavilion C	4	C405	24 hours	Medela Symphony	X	X	X	X	X	X	X	X	X			Sharps disposal	Open, no key required
40	Wellington Webb	3	G394 (Dressing Rm)	Business Hours	Medela Symphony	X	X										Gloves, Refrigerator	Badge Access
17	601 Broadway	4	476	Business Hours		X		X	X	X	X	X	X	X	X	X	Footrest, Refrigerator	Open, no key required
17	601 Broadway	5	582	Business Hours		X			X	X	X	X	X	X	X	X	Footrest, Refrigerator	Open, no key required
17	601 Broadway	6	680	Business Hours		X			X		X	X	X	X	X	X	Footrest, Refrigerator	Open, no key required
17	601 Broadway	7	790	Business Hours		X		X	X	X	X	X	X	X	X	X	Footrest, Refrigerator	Open, no key required
17	601 Broadway	8	882	Business Hours	Medela Symphony	X	X			X	X	X	X	X	X	X	Footrest, Refrigerator	Open, no key required
17	601 Broadway	9	986	Business Hours		X			X	X	X	X	X	X	X	X	Footrest, Refrigerator	Open, no key required
112	OMC	2	L2455	Business Hours	Medela Symphony	X	X	X			X	X	X	X	X		Refrigerator	Open, no key required
112	OMC	4	L4345B	Business Hours		X	X	X			X	X	X	X	X		Refrigerator	Open, no key required
112	OMC	6	L6483B	Business Hours	Medela Symphony	X	X	X			X	X	X	X			Refrigerator	Open, no key required
112	OMC	7	L7483B	Business Hours		X	X	X			X	X	X	X	X		Refrigerator	Open, no key required
25	Rita Bass	1	33	Business Hours		X	X				X	X	X	X	X			Badge Access to building

**OFF-SITE CLINICS**

UNIT NO	BUILDING	FLOOR	ROOM	HOURS	AMENITIES												ACCESS	
					PUMP	CHAIR	DESK/T BL	CLOCK	BULTN BRD	TRASHB IN	SIGNAG E	SINK	HAND SAN	WIPE/T WL	LIGHT	OTHER		
36	Eastside Clinic	2	Inside WIC office	Business Hours		X						X		X	X		Gloves	Code Required:
26	Lowry Clinic	1	161 Inside WIC clinic	Business Hours		X		X			X	X		X	X			Open, no key required
43	Montbello Clinic	1	108 Inside WIC clinic	Business Hours		X					X			X	X			Open, no key required. Staff will escort to
32	Westside Clinic	1	G21	Business Hours	Medela Symphony	X	X				X	X	X		X		Refrigerator	Open, no key required
31	Southwest Health Center	1	1024 staff area	Business Hours		X	X	X			X			X			Refrigerator	Open, no key required



## Childrens Hospital Colorado Lactation Room Locations

**Children's Hospital Colorado Anschutz Campus has 15 lactation rooms**, all of which are available to staff members as needed and availability permits. These rooms are positioned in the following locations throughout the hospital:

- One on the 2<sup>nd</sup> floor in the OR waiting area
- One on the 3<sup>rd</sup> floor CPCU bridge
- Three in the NICU on the 4<sup>th</sup> floor
- One on the 6<sup>th</sup> floor, on the West side
- One on the 7<sup>th</sup> floor, across from the employee elevators
- One on the 8<sup>th</sup> floor, on the West side
- One in the Cardiac Intensive Care Unit (CICU, on 3rd floor East Tower)
- Two in the Village Pavilion
  - One on the 5<sup>th</sup> floor
  - One on the 6<sup>th</sup> floor
- One in Gary Pavilion
  - 4<sup>th</sup> floor – former CDU exam room
  
- One in the Administrative Pavilion on the 1st floor across from Nursing Administration

<b>North Campus Lactation Room Locations</b>	
All first come/first serve. There is a sign on the door to indicate when the current occupant will be finished	
1st floor medical office building (MOB)	Outside Sports Therapy Gym
1st floor Emergency/Urgent Care	Across from employee lounge
2nd floor Inpatient	Across from employee lounge
2nd floor medical office building (MOB)	Northwest hallway
5th floor medical office building (MOB)	Across from the telehealth room

<b>South Campus Lactation Room Locations</b>	
All first come/first serve. Walk-in	
1st floor, near elevators	Lock on door-inside
2nd floor waiting area	Lock on door-inside, do not disturb sign available

2nd floor-Patient rooms	Key code access only/Lock on door-inside, do not disturb sign available
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<b>Health Pavilion</b>	
All first come/first serve.	
1st floor	Room #HP1022
2nd floor	Room #HP2017 (across dental check in area)
3rd floor	Room #HP3024 (past Ortho gym on the Right)
4th floor	Hall #HP4128, off Northeast hallway (before the bathrooms)

<b>Colorado Springs Hospital (CSH) Lactation Room Locations</b>	
CSH (1 room) 1st floor	Admissions area
CSH (1 room) 2nd floor	Radiology Registration area
CSH (1 room) 3rd floor	NICU
CSH (1 room) 4th floor	Med Surg/PICU
CSH (1 room) 5th floor	

# Rocky Mountain Regional Veterans Affairs Medical Center ECHCS Lactation Rooms Information & CDC Guidelines

**RMR VAMC:**

Location: K2-104 (No fridge), K3-104 (fridge) and DS-144 (fridge)

RMR VAMC Code: 3265

**CBOCS:**

Golden room #1011

Colorado Springs room #1001

Pueblo room #1013

**\*\*Labels for breast milk containers are in each Lactation Room\*\***

**All breast milk containers must be labeled with the following information:**

Full Name: _____
Date: _____
Workstation: _____
Phone #: _____

Each person is responsible for the timely removal of their own container from the fridge. Refer to CDC Guidelines below:

## CDC Guidelines for Proper Storage and Preparation of Breast Milk

Human Milk Storage Guidelines				
Type of Breast Milk	Storage Locations and Temperatures			
	Countertop 77°F or colder (25°C) (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C)	Deep Freezer -4°F or colder (-20°C)
Freshly Expressed or Pumped	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
Thawed, Previously Frozen	1-2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed	
Left Over from a Feeding <i>(Baby Did Not Finish the Bottle)</i>	Use within 2 hours after the baby is finished feeding			
Adapted from " <a href="#">ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants.</a> " Revised 2017.				

By following recommended storage and preparation techniques, nursing mothers and caretakers of breastfed infants and children can maintain the safety and quality of expressed breast milk for the health of the baby.

These are general guidelines for storing human milk at different temperatures. Various factors (milk volume, room temperature when milk is expressed, temperature fluctuations in the refrigerator and freezer, and cleanliness of the environment) can affect how long human milk can be stored safely.