

# Sentara Leigh Hospital: outpatient lactation consults

**We are proud to provide  
personal, expert lactation  
support.**



Whether lactation comes easily for you or not, we know a strong support system will help you meet your feeding goals.

**Outpatient lactation consults provide you:**

- Access to International Board Certified Lactation Consultants (IBCLC)
- Confidence to breastfeed and/or pump successfully
- Support to address all aspects of feeding such as latching, milk supply, and more

Open scheduling available



Scan the QR code  
to request an  
appointment or call  
**757-261-6068**