



FAQ

ONE-ON-ONE POSTPARTUM LACTATION CONSULTATIONS

With Gabriela Mizrahi

Individualized expert care to meet your breastfeeding goals.
Professional support from an IBCLC, the gold standard in lactation care. We're
here to will support you on your journey to a fulfilling and satisfying
breastfeeding experience.

INTRODUCTION

Hi! I'm Gabriela.

I am an International Board Certified Lactation Consultant (IBCLC), registered nurse clinician (MScN), and DONA International certified birth doula with a passion for supporting empowered birth, lactation, and parenting journeys.

Throughout my nursing training, I was drawn to the experience of birth and the integration of evidence-base practice to promote best outcomes and the best experience for mothers and babies. To this end, I delved into the significance of labour support and how this shows up in the continuum of care for families welcoming and caring for their new babies. In my years of work in maternity, I continued to hone in on the values that are the foundation for my practice, with a focus on person-centred evidence-based care.

[More about me.](#)



FAQ

1. What are some issues you can help with postpartum?

- Painful latch or latching difficulty
- Nipple pain or damage
- Sleepy baby
- Low milk supply
- Slow weight gain (baby)
- Twins or higher multiples
- Tongue-tie assessment
- Learning different breastfeeding positions.
- Weaning from using a nipple shield
- Supplementation at breast
- Over-production
- Fussy baby at the breast
- Engorgement
- Blocked ducts
- Mastitis
- Vasospasm
- Planning for returning to work
- Transitioning from bottle-feeding to breastfeeding

2. What is an IBCLC?

IBCLC stands for International Board Certified Lactation Consultant. IBCLCs are health care professionals specialized in the clinical management of lactation. We are certified by the International Board of Lactation Consultant Examiners (IBLCE) and must meet certain education and hours of experiences requirements even before sitting for the certification exam. IBCLCs are the gold standard in lactation care across the globe. IBCLCs have:

- Over 90 hours of accredited lactation education in addition to their background education as a healthcare professional.
- A minimum of 1000 hours of experience providing lactation support before writing the IBLCE exam.
- Written and passed the IBLCE exam in order to obtain the IBCLC credential.
- To recertify every 5 years with minimum 75 hours of accredited continuing education.

3. How is lactation support from an IBCLC different from the breastfeeding support from my doctor, nurse, midwife?

We have additional accredited education, professional training and experience that sets us apart from other maternity care providers who may also offer breastfeeding support. We will work with you and your baby, respecting your informed choices and breastfeeding goals. These will be the focus of our time together.

4. What happens during a lactation consultation?

- There are 3 main goals for every lactation consultation. These guide us to make the most of our time together and that you feel you have what you need to continue towards your breastfeeding and lactation goals after our consultation. These are:
 1. Feed the baby
 2. Protect mom's milk supply
 3. Resolve the issue
- Before our consultation, I will ask you to complete an intake form that will give me essential information I need to do a complete lactation assessment.
- At the beginning of our consultation, we will take some time to further clarify what you would like to work on during our time together and answer any burning questions.
- With your consent, I will perform a physical assessment of your breasts/chest. This will involve visually observing and using my fingers to touch. I will explain what I am assessing and ask for your explicit consent for any touch. You can stop the assessment at any time.
- With your consent, I will assess your baby's mouth and suckling, using gloved washed hands.
- I will observe you breastfeeding your baby as you usually do and we will work together to find the positions and strategies that work best for you so you can breastfeed comfortably, relax and enjoy bonding with your baby during feedings.
- If you are experiencing challenges with pumping, we will look at your pumping set-up and review the sizing, fit and feel of your pump flanges and how you can use your pump most comfortably.
- We will co-create a plan of care to support and sustain you to meet your breastfeeding and lactation goals.

5. How can I prepare for my home visit?



- It is helpful if your baby is ready to eat about 30 minutes after I arrive, so we have time to talk. But if your baby does get hungry before I arrive, feel free to give a small feeding. And don't stress if the timing doesn't work out, I can work with whatever is going on.
- If we will be working in your bedroom, please have a chair available for me to sit on.

- Please have your baby's blue health booklet within easy reach.
- Please have on hand any lactation aids, breast pump, and/or supplements you are currently using.
- If possible, I would love the password for your WiFi.

6. How can you help me through a virtual consultation?

- If you are dealing with latch issues, nipple pain, a baby who needs supplements, or if anyone has mentioned a possible tongue or lip tie, please review this link and capture a quick video of your baby's mouth for me. You can send it to me via the IntakeQ secure messaging client portal prior to our visit.
- It is helpful if your baby is ready to eat about 30 minutes after the start of our appointment, so we have time to talk. But if your baby does get hungry, feel free to give a small feeding. And don't stress if the timing doesn't work out, we can work with whatever is going on.
- It is also helpful to have a support person present, if possible, to assist you with positioning the camera during our time together. It can also be helpful to sign into the Zoom meeting on two devices (one computer and one phone/tablet) to facilitate positioning the camera for a closer view during the consultation.

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8. What happens after my consultation?

- I will prepare and send you a written summary of the plan we discussed during our consultation, including reminders of what we reviewed during our consultation, links to helpful video, link to supplemental online information, local community resources and contact information for allied care providers (ex. Osteopath, physiotherapist, occupational therapist) we discussed.



- Every initial postpartum consultation includes one (1) week of phone, text, email support (up to 30 minutes) following your initial consultation, so we can follow-up on short-term goals and make small adjustments to your care plan as needed. As needed, we will schedule a follow-up consultation.
- If we decided that it would be beneficial for you to be seen at a hospital-associated breastfeeding clinic, I will make this referral.
- As needed, I will send a summary report to your care provider or your infant's care provider.

9. Are your services covered by RAMQ? What if I have private insurance?

- RAMQ: I wish the answer was "Yes", but alas, no, IBCLC services, including consultations and classes are not covered by RAMQ.
- Private insurance: If you have private insurance, your plan may cover private lactation consultations and/or private lactation classes with an IBCLC and/or nursing services (before and after birth). Please check with your individual insurance plan. I can provide with receipt for my services which includes my Quebec nursing license number (OIIQ) and my IBCLC credential number with the IBLCE to submit this for a claim under your insurance plan.

10. Can you "fix it" in one appointment?

- Every breastfeeding and lactation journey is unique. Sometimes there is a single issue and sometimes there are several co-existing challenges that need to be untangled and resolved, each in turn. I sometimes say that I wish I had a magic wand to magically solve everything, but then my clients wouldn't have the same satisfaction and confidence building experience. I'm there to support you and your baby to find what works best for you.
- During our time together, I will try to work with you to identify and resolve as much as possible while prioritizing your main concern. If there are several issues to work on, we may need more than one consultation to work through them all. By the end of your initial consultation, you will have a better understanding of what is underlying the challenges and have a clear picture of the steps to follow to continue to improve and breastfeed comfortably and with growing confidence.

11. What if I need to cancel my appointment?

- No problem! Just let me know as soon as possible, so I can liberate the time for another family seeking lactation support. We can reschedule at your convenience, as needed.
- A cancellation fee of \$50 applies to any lactation consultation cancelled with less than 24 hours notice, as defined in the BirthWise Terms of Service.

12. How do you accept payment?

I will be sending you an invoice for the full fee on the day of the consultation and will provide you with a receipt once I have received your payment. You can choose to pay either by e-transfer or by credit card. Please note that an additional payment processing fee applies to credit card payments, as defined the BirthWise Terms of Service.

13. How do you preserve confidentiality?

- As a registered nurse and IBCLC, I follow my professional codes of ethics and preserve confidentiality. If I need to communicate with another care provider about our work together, such as sending a summary report to your primary healthcare provider, referring you to a breastfeeding clinic or coordinating care with the CLSC, I will ask for your expressed consent first.
- I use IntakeQ, a secure telehealth platform, to manage all my clients' confidential information, consultation and class bookings, intake forms, clinical notes, individual care plans, and secure messaging platform to send and receive confidential information, videos and photos. IntakeQ complies with the privacy protection requirements under PIPEDA in Canada, HIPAA in the US and is also GDPR compliant for the EU.
- I use individual secure Zoom meetings with password protection for every virtual consultation. This complies with PIPEDA privacy protection requirements in Canada.
- I also have access to the internal secure telehealth platform on IntakeQ. You can request to use the IntakeQ telehealth platform instead of Zoom if you prefer to use this for our consultation.





SUPPORTING GENTLE AND EMPOWERED LACTATION AND BREASTFEEDING JOURNEYS

Looking for a lactation consultant?

Want to book a breastfeeding class or prenatal class?

Visit the BirthWise website to learn more about the services I offer.

BirthWise.ca



Follow us on Social



Have questions?

Contact me by emailing hello@birthwise.ca or call [514-573-3691](tel:514-573-3691). I usually respond within 24 hours on business days. If you reach out over the weekend, I may only be able to respond to your inquiry by the next business day.

Wishing you all the best as you continue your parenting journey!

Gabriela M. Mizrahi RN, MScN, CD(DONA), IBCLC

