



FAQ

ONE-ON-ONE PRENATAL 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 reasons to consult with an IBCLC prenatally?

- Previous difficult breastfeeding experience
- Planned C-section or induction
- History of breast surgery (ex. augmentation, reduction, partial or one-sided mastectomy, etc.)
- Expecting twins or higher multiples
- PCOS
- Diabetes (Gestational, Type I and Type II)
- History of bariatric surgery
- Induced lactation for non-birthing parent
- Relactation for birthing or non-birthing parent
- Expecting a baby with a cleft palate or cleft lip

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 you 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 you 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. What happens after my prenatal 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 videos, links to supplemental online information, local community resources and contact information for allied care providers (ex. Osteopath, physiotherapist, occupational therapist) we discussed.

- As needed, we will schedule a follow-up consultation and you can also book a postpartum consultation after you have welcomed your baby!
- As needed, I will send a summary note to your care provider.

6. 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.

7. 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.

8. 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.

19. 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

