

What to expect during a lactation visit

Typically, the initial consultation is scheduled for one hour during which time both the mother and baby are evaluated and assessed. This will include:

- Completion of a thorough history and examination of both mother and baby
- Weight of newborn before and after feeding for milk transfer
- Observation of breastfeeding
- A collaborative lactation plan
- Close follow-up by phone or return appointment as needed

After the visit, the midwife will provide communication with the mother's primary care provider, and any other people the mother feels should be included in her care.

All patients welcome!

Mothers do not need to be patients of the Mile Bluff Medical Center health system to receive the breastfeeding help they need.

A lactation consultation visit(s) is not considered a specialty and will be billed through insurance as an office visit.

Those who are looking for lactation support are encouraged to call their insurance carrier for details on specific coverage.

To make an appointment for a lactation consultation, call Mile Bluff Clinic at 608-847-5000.

Lactation Services at Mile Bluff



Supporting you and your little one when breastfeeding



1040 Division Street | Mauston | 608-847-5000 | www.milebluff.com

Here at Mile Bluff we are dedicated to helping all breastfeeding mothers and babies. Combining medical and lactation support, our goal is to help mothers and babies achieve breastfeeding success.

When a mother is breastfeeding, she may encounter obstacles or challenges. If this happens, it is important to remember that even though breastfeeding is “natural,” it still requires the learning of skills.

Consistent, evidence-based, scientific, and active supportive help from an International Board-Certified Lactation Consultant (IBCLC) is what helps mothers achieve success for however they choose to feed their babies.

Studies show that human milk can be identified as the best source of nutrition and health for a baby during the first 2 years of life and beyond. IBCLCs can help offer more in-depth solutions, education, and alternatives that aid the mother throughout her breastfeeding journey with her baby.

Meet Emily B. Walden, CNM, IBCLC



Emily is a Certified Nurse Midwife and International Board-Certified Lactation Consultant at Mile Bluff. Over her career, she has worked with thousands of mothers who have concerns related to their breastfeeding experience.

Using medical evaluations, evidence-based medicine and consistent lactation support, Emily helps mothers address breastfeeding challenges.

Common reasons for a lactation services visit include:

- Premature/NICU baby
- multiples (twins)
- baby with special conditions (e.g. cleft lip/palate, down syndrome, babies refusing to take a bottle or refusing the breast)
- complex breast issues or pain
- mastitis
- plugged ducts
- cracked/sore/infected nipples
- tongue/lip ties
- low milk supply/ insufficient glandular tissue (IGT)
- overproduction
- pumping
- alternative lactation solutions for same-sex couples or adoptive mothers



A midwife can help!

Certified Nurse Midwives (CNMs) are Advanced Nurse Practitioners who can diagnose and prescribe treatment, if need be, to both mom and baby during an office visit for lactation concerns.

Usually, lactation consultants are nurses or other professionals that cannot diagnose or prescribe treatment. However, the unique service a certified nurse midwife can provide, creates a one-stop-shop for both mom and her baby. A midwife can provide consistent one-on-one help, education, and treatment for everyone during breastfeeding.