

Journey to Becoming an IBCLC



What is an IBCLC & Why Select IBCLC Certification?

International Board Certified Lactation Consultants (IBCLCs) are from diverse backgrounds and work in a variety of settings, but have all met the rigorous eligibility requirements and passed an examination that assesses knowledge in breastfeeding management. Working with families, the community and policymakers, IBCLCs provide expert breastfeeding and lactation care and advance global public health.

To show ones clinical experience, specialised lactation education, and commitment to breastfeeding families? The IBCLC is the gold standard in lactation care. By earning IBCLC certification, you can:



Elevate your Breastfeeding Knowledge

The rigorous requirements for IBCLC eligibility and recertification, keep ones lactation knowledge up-to-date



Enhance your Professional Profile

IBCLCs are recognised across the world as holding the premier global lactation care credential



Protect & Support Breastfeeding

IBCLCs work collaboratively with prenatal and postpartum providers to help new families meet their breastfeeding goals

Taken From: <https://ibclc-commission.org/how-to-become-an-ibclc/>

How Do I Become an IBCLC?

IBCLC exam eligibility requirements

These are in accordance with the IBCLC Commission's 'Detailed Content Outline' (DCO) and MUST be undertaken within the 5yrs previous to applying for the exam.

<https://ibclc-commission.org/ibclc-information/detailed-content-outline/>



90 Hours Lactation specific education

- 2hrs must be on the 'WHO Code'
- 5hrs must be on lactation communication skills



Pathway 1 Requires a minimum of 1000 lactation clinical hours



Adherence to the Code of Professional Conduct for IBCLCs

<https://ibclc-commission.org/ibclc-information/code-of-professional-conduct-for-ibclcs/>

BECOME AN LCGB MEMBER



Find out how LCGB supports aspiring IBCLCs

<https://lcgb.org/why-ibclc/are-you-interested-in-becoming-an-ibclc/>



Taking the IBCLC Exam

Read the IBCLC Candidate Guide

- https://ibclc-commission.org/wp-content/uploads/2025/04/2025_April-18_Candidate-Information-Guide_FINAL.pdf

Decide on your Pathway

Most people in the UK follow Pathway 1

Pathway 1

Recognised Health Professionals and Breastfeeding Support Counsellors

Pathway 2

Accredited lactation academic programmes

Pathway 3

Mentorship with an IBCLC

Health Professional

Requirements met if from a recognised health profession or provides evidence from a government authority that recognises the specific profession as a clinical health profession

Non Health Professional

Candidates must complete education in the 14 health science subjects first - <https://ibclc-commission.org/ibclc-information/health-sciences-education-guide-2/>

Planning to Sit the Exam

- Have a goal of when to sit the IBCLC exam
- Attain the exam eligibility requirements
- Become organised and start recording all lactation education and clinical hours
- Develop an exam preparation schedule to keep to your goals

The IBCLC exam is available twice a year, Spring (April) and Autumn (September) the specific exam dates vary each year

Where are you going to sit the exam

Make sure you explored all the options to make the correct decision

In a Test Centre

Licenced Remote Proctoring (LRP)

Always assume your application will be called for Audit

DO NOT apply unless ALL the exam eligibility requirements and documentation are in order

- Apply to sit the Exam when the application period opens
- Pay the Fee (US dollars)

About 8weeks before the exam period

Email received to choose your Test Centre and exam time. *Book early as spaces are limited*

LRP is not the easy option. Be certain that your chosen venue can meet the exam's strict requirements before booking.

- **Check ALL your required security documents are valid.**

Particularly check that you have the correct and valid two forms of ID

THE EXAM DAY

Await The Exam Results

This is a minimum of 12 weeks from the date of the last exam date

PASS you are a certified IBCLC Lactation Consultant

Certification starts on 1st January or 1st July

BE ORGANISED and start to prepare for your recertification, the 5 years pass very quickly