



BREASTFEEDING & MEDICATIONS

- It is widely accepted that human milk is best for an infant.
- The benefits are substantial for the baby, providing the ideal nutrition, antibodies to protect against illness, and a healthy weight.
- Most medicines can be taken while you're breastfeeding without harming your baby.
- Small amounts of any medicine you take may pass through your breast milk to your baby. Generally, the amounts are very low and very few medicines are unsafe while you're breastfeeding.
- **But it's always best to tell your doctor or pharmacist that you're breastfeeding.**

Breastfeeding & Medications Considerations



When deciding whether to breastfeed your baby when taking medication consider the following:

- the risks of the medication affecting your baby
- the benefits of the medication to your health
- the overall benefits that breastfeeding offers your baby



Breastfeeding & Medications Guide

- Take a medication when absolutely needed, at the lowest dose and for the shortest time possible.
- When possible, take a medication that are given only once a day right after a feeding (usually last feeding of the night before the infant's bedtime).
- Take medication straight after a feed or before your baby is due to have a long sleep.
- Using an alternative method of taking the drugs, such as a nasal spray instead of cold and flu tablets for a stuffy nose.
- Take short-acting medications, since they are eliminated in the body more quickly.

- Avoid long-acting (LA), extended-release (ER), and combination forms of medications, when possible.
- Watch your baby for side effects such as sleepiness, irritability, other potential or known reactions of the medication.
- Expressing and discarding milk if you are only taking medications for a few days.
- Talk to your doctor or pharmacist any medications prescribed or any over the counter medications while you are breastfeeding.

Some Medications:

What to Take

Pain Medications:

- Paracetamol
- Ibuprofen, Diclofenac and Naproxen (short-term use only)



Cold, Flu Hay Fever & Allergies Medications:

- steam inhalations and saline (sodium chloride) nasal sprays may help relieve symptoms
- Decongestant nasal sprays (oxymetazoline, xylometazoline) may be used
- Lozenges or throat gargles containing amylmetacresol, dichlorobenzyl alcohol or cetylpyridinium may be used
- Loratadine & Fexofenadine

Complementary &

Herbal Medicines

While Breastfeeding



- Complementary medicines include vitamins, herbal preparations, aromatherapy and homeopathic products. Like other medicines, complementary medicines can have side effects.
- With most herbal and traditional medicines, there is not enough documented information to determine their safety in breastfeeding, so ask your health professional for advice.

References:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Medications-and-Breastfeeding.aspx>

<https://www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-and-medicines/>

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https://healthywa.wa.gov.au/Articles/J_M/Medications-and-breastfeeding