

Medications and Breastfeeding

Breastfeeding is important for the health of you and your baby. Understanding which medications are safe to take, ones that can be used with caution, and those to avoid, can help you along your breastfeeding journey and keep you and your baby safe.

Most medications are safe to take while breastfeeding. The list below does not list all medications. If you have any concerns, please reach out to Munson Lactation Consultants, or use one of the free resources listed below.

Breastfeeding Resources

Lactation Consultant Warmline: **231-935-2591**

Healthy Futures: **231-935-5640**; healthyfuturesonline.org or
info@healthyfuturesonline.org

Drugs.com

Mothertobaby.org

Medication Safety

Safe	Caution	Avoid
Allergy and Cold/Flu		
Nasal saline Nasal steroids (Flonase) Afrin Most over the counter antihistamines, such as: <ul style="list-style-type: none">• Cetirizine (Zyrtec)• Loratadine (Claritin)• Diphenhydramine (Benadryl)		Pseudoephedrine (Sudafed) – Can reduce milk supply.
Antibiotics		
Most of antibiotics		If possible, avoid trimethoprim/sulfamethoxazole (Bactrim) and nitrofurantoin (Macrobid) – Can be harmful to certain babies.
Anesthesia		
Nearly all types		Ketamine – Pump and dispose of milk after receiving ketamine for 5 hours.
Diabetes		
Metformin Insulin		Empagliflozin (Jardiance) and similar medications – These may have effects on baby's kidneys.
Herbal Supplements		
Magnesium Prenatal vitamins Vitamin D		Arnica, blessed thistle, fennel, fenugreek, seaweed, stinging nettle, and St. John's Wort. In general, avoid all supplements, when possible, as they are not well regulated.

Safe	Caution	Avoid
High Blood Pressure		
All medications are safe		
Mood Medications		
Hydroxyzine (Vistaril), Sertraline (Zoloft), Escitalopram (Lexapro), Desvenlafaxine (Pristiq), And similar medications		Long-term use of benzodiazepines, particularly diazepam (Valium) or clonazepam (Klonopin) – Can cause oversedation in infants. DO NOT START/TAKE if possible: lithium or valproic acid (Depakote) – Can cause harm to infant. Please discuss with your provider.
Nausea/Upset Stomach		
All medications are safe		
Pain Relief		
Acetaminophen (Tylenol) Ibuprofen (Advil or Motrin) Naprosyn (Aleve)	Other prescribed pain medications, such as oxycodone, are safe in low doses and with limited use. Watch baby closely if you are given higher doses or need a longer course. These medications can cause infant to be too sleepy.	Codeine and meperidine – Can cause infants to become too sleepy.
Radiology Imaging		
CT scan MRI Ultrasound X-ray		Thyroid imaging studies. If needed, you will need specific guidelines from your provider for pumping and storing vs. disposing of milk.
Social/Recreational		
Caffeine	Alcohol *Small, infrequent amounts of alcohol spaced from next feed are generally safe. Heavy, regular use has been found to be harmful for infants. If you are going to drink large amounts, it is recommended to pump and dispose of milk.	Cannabis Cocaine Nicotine (cigarettes or vaping) *If using nicotine products, use them outside, change clothing, and wash hands and face. Nicotine exposure has been associated with increased risk for sudden infant death syndrome (SIDS).