

Can nursing moms take medications?

Yes, the American Academy of Pediatrics considers most medications to be compatible with nursing. However, some doctors tend to discourage breastfeeding with most any medication.

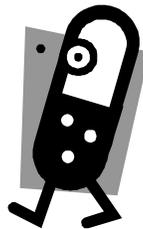
The actual amount of medication that your baby gets through the milk is very small. A hospital Lactation Consultant or the WIC clinic has reference books on medications that are compatible or not compatible with breastfeeding. Ask them to show you the reference and discuss this information with your doctor or pharmacist.

Discuss any over-the-counter medicine with your doctor or pharmacist as well. Here is some information on common over-the-counter medicines:

- Acetaminophen (Tylenol) and Ibuprofen (Motrin) are considered compatible. Aspirin is not.
- Cold preparations that dry out the sinuses, especially products that contain pseudoephedrine, may reduce your milk supply. (Products with pseudoephedrine are the ones that require a driver's license and are purchased at the pharmacy counter.)
- Stool softeners are considered compatible with breastfeeding.

You can decrease the amount of medication that passes into the milk by:

- taking the medicine after nursing instead of before.
- avoiding time release medications.



Many medications are compatible with nursing.



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS
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