

Taking Medications While Breastfeeding

If it is necessary for you to take a prescription, over the counter or herbal medication, it is important to know that the medication may pass to your baby through your breast milk.

Many medications (including over the counter, prescription and herbal) are fine to take while breastfeeding.

However, it is impossible for us to say definitively that any medication is always fine for any individual, breastfeeding or not.

*It is also important to weigh the risk of the medication with the risk of **not** breastfeeding your baby.*

Multiple factors affect the safety of each medication, including:

age of your baby

how much of the medication passes into the milk

how long a medication stays in the milk

what effect the medication might have on a baby

length of time you are taking the medication

dose of the medication

other medications you are taking

Unfortunately, we do NOT have thorough research on ALL medications.

If you have internet access, you may want to seek information about a specific medication on the web site www.toxnet.nlm.nih.gov. Click on LACTMED on the left side of the screen. If a medication is not listed, there is no research available

Adapted from Milkworks.org