Medications While Breastfeeding

If you are breastfeeding or pumping and giving the baby your milk, you should verify with whoever is prescribing a medication for you that it is safe for use in lactation. Most over the counter medications are safe for use in breastfeeding with the exception of herbal preparations and high dose vitamins. Antihistamines and decongestants should not be used for an extended period of time, because they have the side effect of decreasing your milk supply.

Caffeine is considered safe in limited quantities. Alcohol can be consumed in very limited quantities (i.e. one serving on a special occasion), but you should nurse first and then consume the beverage. This will minimize the amount of alcohol that is transmitted to your breast milk. All recreation or street drugs should be avoided completely.

Please continue to take your prenatal vitamins for as long as you are nursing or if you could become pregnant.

Some medications that you can take when breastfeeding (not all-inclusive):

Pain and Fever
Advil, Motrin (ibuprofen)
Tylenol (acetaminophen)

Cold and Cough
Chlor-Trimeton (chlorpheniramine)
Cough Syrup with codeine: provided the dose of codeine is kept to less than 60 mg.
Robitussin DM (dextromethorphan), Robitussin (guaifenesin)
Sudafed (pseudoephedrine)
Phenylephrine

Constipation
Citrucel
Metamucil
Colace

Antibiotics
Amoxicillin
Augmentin
Bactrim, Septra (co-trimoxazole)
Biaxin (clarithromycin)
Erythromycin
Flagyl (metronidazole)
Keflex (cephalexin)
Penicillin
Zithromax (azithromycin)

Antivirals, Antifungals
Diflucan (fluconazole)
Zovirax (acyclozir)
Valtrex (valacyclovir)
Famvir (famciclovir)

Antidepressants
Prozac
Paxil
Zoloft

Miscellaneous, Others
Heparin, Coumadin, Lovenox
Synthroid (levothyroxine)

Diarrhea, Acid Reflux
Zantac
Pepcid
Imodium

Birth Control Medications
Micronor, Nor-QD (norethindrone), also known as the “mini pill”
Depo-Provera
Mirena IUD (levonorgestrel)