

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 (acyclovir)
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)

Source: Medications and Mothers' Milk, 10th edition, 2002, Thomas Hale 5/19/2008