



BREASTFEEDING & COMMON MEDICATIONS



Most medications are safe to take while breastfeeding as usually only a **very low level of the medication is found in breast milk**. If you have any questions about the safety of a medication that you are taking while breastfeeding your child, please reach out to a health care provider.

PAIN MANAGEMENT

If you are in pain, over-the-counter pain medications can be helpful and safe:

- Acetaminophen (i.e., **Tylenol**) can be taken while breastfeeding.
- Ibuprofen (i.e., **Advil** or **Motrin**) can be taken while breastfeeding. Naproxen medications (i.e., **Aleve**) are also safe.



IMPORTANT NOTE:

Do not stop taking any medications without speaking to your physician. Remind physicians that you are breastfeeding if they are prescribing.

To minimize breast milk drug levels, you can **take the medication right after a feed**. This is **only effective for some** medications.

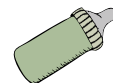
ALLERGIES

If you have allergies, there are medications that can manage your symptoms and are safe to take while breastfeeding:

- Loratadine (i.e., **Claritin**) can be taken to manage allergies.
- Fexofenadine (i.e., **Allegra Allergy**) is an over-the-counter option for allergy symptom relief.



Some medications (such as **Sudafed**) can **decrease your milk supply**. Talk to your provider if you are concerned about the impact of a certain medication on your supply as there may be alternatives.



There are many medications people may wish/need to take during their postpartum period.

Scan the QR code provided to find out breastfeeding safety information for your specific medications.



References
Mayo Clinic Staff. Breastfeeding and Medications: What is Safe? [Internet]. Mayo Clinic. 2022. Available from: <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/breastfeeding-and-medications/art-20043975>
The American College of Obstetricians and Gynecologists. Breastfeeding Your Baby [Internet]. American College of Obstetricians and Gynaecologists. 2023. Available from: <https://www.acog.org/womens-health/faqs/breastfeeding-your-baby>

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