

COMMON MEDICATIONS WHILE BREASTFEEDING



Infant Risk Center

AT TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

Dr. Thomas W. Hale and Dr. Kaytlin Krutsch have performed extensive research on the effects of medications in mother's milk. They have given each medication a rating from Safest (L1) to Hazardous (L5).

L1 SAFEST: Multiple studies demonstrating no adverse effects on infant

L2 SAFER: Limited studies done without an increase in adverse effects on infant

L3 PROBABLY SAFE: No controlled studies, risk to infant is possible

L4 POSSIBLY HAZARDOUS: Positive evidence of risk to infant or milk production

L5 HAZARDOUS: Significant and documented risk to infant, contraindicated

Call the InfantRisk Center with any questions about medications and breastfeeding.

1-806-352-2519 (M-F 8am-5pm CST)
Infanrisk.com

Didn't find the drug you were looking for?

For information on breastfeeding safety for >1,500 drugs the InfantRisk Center's app **MommyMeds** can be downloaded from the Apple Store or Google Play for around-the clock help. You can even scan OTC medication boxes for quick answers while you are shopping!



Scan to download MommyMeds

As always, please consult your health care professional about what is best for you and your baby.

PAIN RELIEVERS:

- Tylenol (*Acetaminophen*) L1
- Advil, Motrin (*Ibuprofen*) L1
- Limited aspirin (81-325 mg per day) L2

ANTIBIOTIC/ANTIFUNGAL MEDS:

- Diflucan (*Fluconazole*) L2
- Monistat (*Miconazole*) L2
- Penicillins (*Amoxicillin, Ampicillin*) L1
- Cephalosporins (*Keflex, Ominicef, Rocephin, Ceftin*) L1

COUGH/COLD/ALLERGIES:

Antihistamines:

- Claritin, Alavert (*Loratadine*) L1
- Allegra (*Fexofenadine*) L2
- Zyrtec (*Cetirizine*) L2
- Benadryl (*Diphenhydramine*) L2

Decongestants:

- Afrin Nasay Spray (*Oxymetazoline*) L3 - limit to 3 days
AVOID pseudoephedrine (may decrease milk supply)

Steroid:

- Medrol dose pack (*Methylprednisolone*), Oral Prednisone (<40mg/day) L2
- Kenalog shot (*Triamcinolone*) L3
- Rhinocort Nasal Spray (*Budesonide*) L1
- Other Nasal Sprays (*Flonase, Nasacort, Nasonex*) L3

Cough:

- Sore Throat Spray (*Benzocaine*) L2
- Cough Drops (limit Menthol)
- Mucinex (*Guaifenesin*) L2
- Robitussin DM (*Dextromethorphan*) L3
AVOID Benzonatate (L4)

BIRTH CONTROL:

- Progestin only when establishing milk supply
Mini Pill, Mirena (L3); After oral trials: Depo-Provera, Implanon (L4)
- Emergency Contraception
Plan B (*Levonorgestrel*) L2, withhold breastfeeding for 8 hours

GI MEDS:

- Pepcid (*Famotidine*) L1
- Tagamet (*Cimetidine*) L1
- Colace (*Docusate*) L2
- Imodium (*loperamide*) L2
Limit Pepto-Bismol L3

ANTIDEPRESSANTS:

- SSRI's (Zoloft (sertraline), Paxil (*Paroxetine*), Lexapro (*Escitalopram*), etc) L2
- Bupropion (*Wellbutrin*) L3