

MilkWorks



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 MilkWorks 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.

You may also call MilkWorks (423-6402) and we will provide you with the information that we have.