

Treating Hay Fever or Seasonal Allergies While Breastfeeding

- Treat the local area if possible: eye drops for your eyes and nasal spray for your nose. This helps to decrease the amount of medication entering your blood stream and moving into your breastmilk.
- Steroid nasal sprays are very effective for a stuffy, itchy nose from allergies; they do not pass into your milk. Nasacort is now over the counter.
- Atrovent nasal spray and Cromolyn Sodium nasal spray are both safe to use while breastfeeding. Atrovent is a prescription medication and Cromolyn Sodium is available over the counter.
- Antihistamines (such as Claritin) are safe for baby, however, watch for a decreased milk supply when using. Be sure the medication contains **ONLY** an antihistamine and **NOT** a decongestant (especially pseudoephedrine). Decongestants may decrease your milk supply.
- Avoid pseudoephedrine (found in Sudafed). This medication can definitely decrease milk supply by decreasing your prolactin hormone levels.
- There is no research on Singulair in human milk. It is rated as an L3, because there is no research in humans, but milk levels are assumed to be quite low. This medication is also given directly to children 6 years and older.

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