

Taking Medications While Breastfeeding

If you need to take a medication (prescription, over the counter, or herbal) while you are breastfeeding, it is possible that a small amount of the medication may pass to your baby through your breast milk. Most medications are fine to take while breastfeeding. **However, it is impossible for MilkWorks to definitively say that any certain medication is always fine for anyone, breastfeeding or not.** It is also important to weigh the risk of taking a medication versus the risk of *not* breastfeeding your baby.

Multiple factors affect the safety of each medication, including:

- The age of your baby,
- How much of the medication passes into your breast milk,
- How long a medication stays in your breast milk,
- What effect the medication might have on your baby,
- The length of time you are taking the medication,
- The dose of the medication, and,
- Any impact or interaction with other medication(s) you are taking.

Unfortunately, we do NOT have thorough research on ALL medications and breastfeeding.

You may want to seek information about a specific medication on the LACTMED web site:

www.ncbi.nlm.nih.gov/books/NBK501922/

- Enter the name of the medication in the search bar and you will be given the information that is available. If a medication is not listed, there is no research available. If your health care provider who is prescribing a medication for you is not aware of this helpful web site, please share it with them!

There are also apps available for purchase:

- “Mommymeds” is designed for parents and is available at www.mommymeds.com/
- “Medications and Mother’s Milk” is an app designed for health care providers and may be accessed at www.halesmeds.com/

You may also call **Dr. Tom Hale’s Infant Risk Center** (806-352-2519) Monday-Friday 8am-3pm Central Time at Texas Tech University for information from his book *“Medications and Mother’s Milk.”*



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