

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 medication 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.

If you have internet access, 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) at Texas Tech University for information from his book *“Medications and Mother’s Milk.”*

Or, you may call MilkWorks at either location and we can look up the medication on the internet for you.

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MilkWorks



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For additional
information:
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