

Alcohol



Since alcohol passes freely into breastmilk, it's best to avoid habitual use while breastfeeding. And while drinking beer doesn't increase your milk supply, as urban myth suggests, consuming alcohol of any kind may decrease the amount of milk your baby drinks.

If you choose to have an alcoholic drink, it's best to do so just after you nurse or express milk rather than before. Allow at least two hours per drink before your next breastfeeding or pumping session. That way, your body will have as much time as possible to rid itself of the alcohol before the next feeding and less will reach your infant.

Smoking

Smoking is bad for your health. Smoking near you baby is harmful. Nicotine passes into your breastmilk, affects your baby and may reduce your milk supply. If you continue to smoke, restrict until after feeding so that you can reduce exposure for your baby. Nicotine replacement products such as gum or patches will deliver less nicotine to your baby than smoking.



Resource for Health Care Provider/Pharmacist:
Obstetric and Pediatric Pharmacology and Therapeutics Branch (OPPTB) Dr. Anne Zajiceka
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American Academy of Pediatrics Statement

From: *The Transfer of Drugs and Other Chemicals Into Human Milk*

“Most drugs likely to be prescribed to the nursing mother should have no effect on milk supply or on infant well-being. This information is important not only to protect nursing infants from untoward effects of maternal medication but also to allow effective pharmacologic treatment of breastfeeding mothers.”

pediatrics.aappublications.org/content/108/3/776.full

Marijuana or Cannabis

According to Dr. Thomas Hale in *Medications and Mothers' Milk*, cannabis should not be used when pregnant or breastfeeding.



Missoula City-County Health Department
Nutrition Services Department

WIC Phone: 258-4740
Maternal Child Health, Home Visiting: 258-4750
Breastfeeding Hotline: 207-4357
Website: missoulapublichealth.org



Community Medical Center
Lactation Consultant Office 327-4219



Alcohol, Tobacco and Medication Use While Breastfeeding



How Safe is...?

You may have been told that you can't use medicines while you are breastfeeding. This isn't true. Many illnesses can be treated while breastfeeding without harming your baby even if the drug passes into your milk in small amounts.

Many medications include the warning, "don't take if you are pregnant or breastfeeding." This just means that trials proving safety haven't been conducted and the pharmaceutical company want to reduce risk of liability.

If you are told you cannot continue breastfeeding if you take a certain medicine, ask your health care provider or lactation consultant for verification. * There may be a safe alternative.



* The standard guide for health care providers when making medication decisions is:

Medications and Mothers' Milk
by Thomas W. Hale. Ph.D.

Web-help: www.infantrisk.com

Breastfeeding mothers Can...

Have teeth filled.

Have local anesthesia.

Receive most immunizations
(flu shots, tetanus, MMR, etc.).

Take antacids.

Take many kinds of medications
used to treat diarrhea and
vomiting. (Continuing to
breastfeed will protect your baby
against your infection).

Use ointments to treat
hemorrhoids.

Treat yourself and other children
for head lice.

Apply moisture creams and
make-up.



Medications you can take while breastfeeding:

- * Ibuprophen & acetamenophen
- * Specific antibiotics
- * Hay-fever medicine (non-Sudefed)
- * Asthma inhalers
- * RDA vitamins and minerals
- * Extra vitamin D up to 5,000 IU
- * Specific anti-depressants
- * Certain contraceptives

Medications you should not take while breastfeeding:

- * Aspirin
- * Cold remedies such as Sudefed
- * Codeine, unless specifically advised
- * Most sleeping pills

Never take medications, including over-the-counter remedies or medicinal herbs, without checking first with your health care provider.

Ask your doctor or pharmacist to use the standard guide for health care providers when making medication decisions:

Medications and Mothers' Milk
by Thomas Hale. Ph.D.

If a drug is licensed to be given to babies and children, then it is likely to be safe to be taken by a breastfeeding mother.