

MEDICATIONS AND BREASTFEEDING

Many of our patients have questions about which over-the-counter (OTC) medications are safe to use while breastfeeding. A few general instructions include:

- We prefer that you first try non-medication remedies.
- Limit the use of any medications to only what is necessary.
- Medications that are listed as safe below are safe only for short-term use (less than 1-2 weeks unless otherwise indicated).
- Medications that are safe during pregnancy are **not necessarily** safe while breastfeeding.
- If you are in doubt about the safety of a medication, it is always wise to consult a health care professional.

Problem	Safe OTC medications	Avoid	Safe non-medication remedies to try
Headache; backache	Tylenol (acetaminophen)	<ul style="list-style-type: none"> ▪ Aspirin 	<ul style="list-style-type: none"> ▪ Chiropractic ▪ Warm or cool compresses ▪ Stress reduction ▪ Heating pad ▪ Hot bath ▪ Massage
	Motrin or Advil (ibuprofen)		
Upper respiratory infection	<u>Homeopathic remedy:</u> Oscillococtium-take at the first sign of any cold or flu symptoms; OTC potency is 6x-30C; take 3 doses in the first 24 hours; 10-15 granules is a dose	<ul style="list-style-type: none"> ▪ Nasal sprays such as Afrin (contains oxymetazoline) ▪ Limit use of combination products (treat only the symptoms that you have) ▪ Avoid products that contain more than 20% alcohol 	<ul style="list-style-type: none"> ▪ Saline nasal spray ▪ Drink plenty of fluids ▪ Use a vaporizer ▪ Rest
	<u>Coughs:</u> Mucinex/Robitussin (guaifenesin) or dextromethorphan		
	<u>Congestion:</u> Sudafed (pseudoephedrine)		
	<u>Cough:</u> Sore throat sprays and lozenges containing camphor or menthol		

Problem	Safe OTC medications	Avoid	Safe non-medication remedies to try
Nausea and vomiting	Dramamine (dimenhydrinate)	<ul style="list-style-type: none"> Antivert (meclizine) 	<ul style="list-style-type: none"> Ginger Rest GI tract until acute episode passes then small, bland meals
Constipation	<u>Fiber</u> : Metamucil	<ul style="list-style-type: none"> Overuse of laxatives 	<ul style="list-style-type: none"> Drink at least 8 glasses of water each day Eat plenty of fiber-rich foods Walk or exercise each day
	<u>Stool softener</u> : Colace (docusate sodium)		
Diarrhea	Imodium (loperamide)	<ul style="list-style-type: none"> Pepto-Bismol (bismuth subsalicylate) Do not use loperamide for more than 2 days 	<ul style="list-style-type: none"> Bowel rest for 6-8 hours then advance to clear liquid diet then BRAT diet: <ul style="list-style-type: none"> Bananas Rice Applesauce Toast
	Kaopectate (kaolinpectin)		
Indigestion, heartburn	Maalox; Mylanta; Tums (aluminum, magnesium or calcium-containing products)	<ul style="list-style-type: none"> Baking soda Products with aspirin or large amounts of sodium 	<ul style="list-style-type: none"> Eat small frequent meals Remain upright for about two hours after eating Avoid peppermint Don't take in large amounts of liquids with your meal
	Pepcid AC (famotidine)		