



MEDICATIONS AND BREASTFEEDING

Many of our patients have questions about which over-the-counter (OTC) medications are safe to use while breastfeeding. 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	SAFE NON-MEDICATION REMEDIES	AVOID
Headache or Backache	<ul style="list-style-type: none"> • Tylenol (acetaminophen) • Motrin or Advil (ibuprofen) 	<ul style="list-style-type: none"> • Chiropractic • Warm or cool compresses • Stress reduction • Heating pad • Hot bath • Massage 	<ul style="list-style-type: none"> • Aspirin
Upper Respiratory Infection	<ul style="list-style-type: none"> • Homeopathic Remedy: <ul style="list-style-type: none"> ○ Oscillococcinum – 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. • Coughs: <ul style="list-style-type: none"> ○ Mucinex/Robitussin (guaifenesin) or dextromethorphan ○ Sore throat sprays and lozenges containing camphor or menthol • Congestion: <ul style="list-style-type: none"> ○ Sudafed (pseudoephedrine) 	<ul style="list-style-type: none"> • Saline nasal spray • Drink plenty of fluids • Use a vaporizer • Rest 	<ul style="list-style-type: none"> • Nasal sprays such as Afrin (contains oxymetazoline) • Limit use of combination products (treat only the symptoms you have) • Avoid products that contain more than 20% alcohol
Nausea and Vomiting	<ul style="list-style-type: none"> • Dramamine (dimenhydrinate) 	<ul style="list-style-type: none"> • Ginger • Rest GI tract until acute episode passes, then try small, bland meals. 	<ul style="list-style-type: none"> • Antivert (meclizine)
Constipation	<ul style="list-style-type: none"> • Fiber: Metamucil • Stool Softener: Colace (docusate sodium) 	<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 	<ul style="list-style-type: none"> • Overuse of laxatives
Diarrhea	<ul style="list-style-type: none"> • Imodium (loperamide) • Kaopectate (kaolinpectin) 	<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 	<ul style="list-style-type: none"> • Pepto-Bismol (bismuth subsalicylate) • Do not use for more than 2 days
Indigestion	<ul style="list-style-type: none"> • Maalox, Mylanta or Tums (aluminum, magnesium or calcium-containing products) 	<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 	<ul style="list-style-type: none"> • Baking soda • Products with aspirin or large amounts of sodium