Pain
Avoid products with aspirin
Preferred medications are:
1) Acetaminophen, no more than 3000mg/24 hours
2) Ibuprofen, no more than 800mg every 6 hours
   Naproxen (Alleve) is less ideal than Ibuprofen because Naproxen has a longer 1/2-life.

Cold Medications
Avoid all products with decongestants such as pseudoephedrine and phenylephrine, because these can cause a significant decrease in milk supply.
Preferred medications are:
1) Cough medicines with guaifenesin (such as plain Robitussin)
2) Cough medications with dextromethorphan (such as Robitussin DM).
3) Nasal saline preparations
4) Neti Pot

Allergy Medications
Preferred medications are:
1) Antihistamines such as loratadine (Claritin), fenofexadine (Allegra), or cetirizine (Zyrtec) for sneezing and itchy eyes/nose, itching and hives.
   Stronger antihistamines such as diphenhydramine (Benadryl) and chlorpheniramine (Chlortrimeton) occasionally can cause irritability in the baby and might reduce the milk supply in high doses.
2) Nasal cromolyn sodium (Nasalcrom)
3) Topical OTC creams/ointments such as hydrocortisone
**Heartburn**

Preferred medications are:
1) Ranitidine (Zantac), famotidine (Pepcid)
2) Omeprazole (Prilosec), lansoprazole (Prevacid)

**Constipation**

Preferred medications are:
1) Docusate Sodium, which are stool softeners.
2) Milk of Magnesia
3) Glycolax (Miralax), which is polyethylene glycol. This is not likely to enter the breastmilk
4) Dulcolax (Bisacodyl)- none enters the breastmilk
5) Psyllium- does not enter breastmilk

**Diarrhea**

*Prescription lomotil (atropine/diphenoxylate) is not recommended during lactation.*

Not much is known about anti-diarrheal medications during lactation, so it is best to use medications sparingly.

Preferred medication:
1) Loperamide (Immodium), over-the-counter

**Motion Sickness**

Preferred medications:
1) Meclizine (Bonine). Watch for infant sedation. In high doses, it could decrease maternal milk supply if used often.
2) Dimenhydrinate (Dramamine). Watch for infant sedation. In high doses, it could decrease maternal milk supply if used often.