



Over-The-Counter Medications While Breastfeeding July, 2016

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), fexofenadine (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 (Nasal crom)
- 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.