



**IABLE**

Institute for the Advancement  
of Breastfeeding & Lactation Education



# Tobacco or E-Cigarette Use During Lactation

Lactating parents who use tobacco (smoke/chew tobacco) or use e-cigarettes are still encouraged to breastfeed or provide their milk, but stopping tobacco or e-cigarettes with or without nicotine replacements is ideal for the health of both the parent and infant.

## Effect on the Infant

- Infant exposure to 2nd hand smoke (in the air around a baby) and 3rd hand smoke (on a caregiver's clothing) increases the risk of sudden infant death syndrome (SIDS), as well as bronchitis and pneumonia.
- Infants who sleep in the same bed with a cigarette smoker are at higher risk for SIDS.
- To keep babies safe, do not smoke near the baby such as in the car or home. Change clothes and wash hands after smoking, before handling the baby.

## Effect on the Lactating Parent

- Cigarette smoking reduces the parent's milk production. Little is known about the effect of e-cigarettes on milk production.
- Cigarette smoking decreases the fat and protein in the parent's milk, which can have a negative impact on the baby's growth and development. Little is known about the effect of e-cigarettes on the quality of breastmilk.
- Among women who quit smoking before or during pregnancy, breastfeeding for at least 6 months has been associated with a lower likelihood of relapse.

## Nicotine Replacements and Other Medications to Stop Tobacco and E-Cigarette Use

- Breastfeeding parents are encouraged to quit tobacco or e-cigarettes. Using a nicotine replacement is a reasonable option.
- The lowest dose of a nicotine supplement is preferred, to limit the amount of nicotine in the milk.
- Bupropion is a medication for tobacco cessation and is generally safe during lactation.

## References:

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