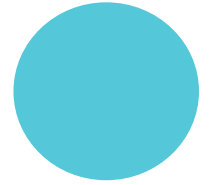




Approved Over-the-Counter Medications During Lactation



This is a guideline of medications safe to use during lactation. Please call the office if your symptoms persist or if your temperature exceeds 100.4 degrees.

Pain

- Acetaminophen – no more than 3000 mg every 24 hours
- Ibuprofen – no more than 800 mg every 6 hours
- Naproxen (Aleve)
- Aspirin, up to 81 mg (avoid doses over 81 mg)

Cold/Cough

- Guaifenesin for nasal congestion and cough
- Dextromethorphan for cough
- Nasal saline preparations
- Avoid products with decongestants such as pseudoephedrine and phenylephrine, as these can cause a decrease in milk production

Allergies

- Antihistamines – Claritin (loratadine), Allegra (fexofenadine) and Zyrtec (cetirizine); avoid Benadryl and chlorpheniramine, as they might reduce milk production in high doses or with regular use
- Nasal cromolyn sodium (NasalCrom)
- Nasal steroids
- Topical creams/ointments such as hydrocortisone

Heartburn

- Pepcid (famotidine)
- Prilosec (omeprazole), Protonix (pantoprazole), Nexium (esomeprazole)
- Protonix (esomeprazole)
- Antacids such as calcium carbonate, magnesium hydroxide, and aluminum hydroxide

Constipation

- Docusate sodium stool softeners
- Magnesium hydroxide or magnesium oxide
- Polyethylene glycol
- Bisacodyl
- Fiber supplements – psyllium, calcium polycarbophil, and methylcellulose fiber

Diarrhea

- Imodium (loperamide)
- Avoid prescription Lomotil (atropine/diphenoxylate) during lactation

Motion Sickness

- Meclizine
- Dimenhydrinate
- Watch for infant sedation; medications may reduce milk production in high doses or with regular use

See your primary care physician for a cough, cold, congestion, fever, asthma, allergies, sore throat, skin rash, or urinary infections that last for more than three days. **The flu vaccine is recommended for all breastfeeding women.**

