Can I take medications and breastfeed?
- Yes, with some exceptions.
- Work with your doctor to find a medication that treats your condition and is safe while breastfeeding.

The Drugs Listed Below are Usually Compatible with Breastfeeding

Cold and Allergy
Check for the word “decongestant” or the ingredient pseudoephedrine. Many will have “D” in the name like Claritin-D or Coricidin-D. These are safe for baby, but have been shown to lower your milk supply.

- Benadryl (Diphenhydramine HCl)
- Tylenol Cold, Advil Cold and Sinus, TheraFlu, Alka-Seltzer Plus Cold, Dristan (may include Acetaminophen, Ibuprofen, Chlorpheniramine, Pseudoephedrine, Dextromethorphan)
- Claritin, Alavert (Loratadine)
- Zyrtec (Cetirizine HCl)
- Robitussin, Mucinex (Guaifenesin)
- Vicks 44

Digestion/Stomach
- Pepto-Bismol (Bismuth Subsalicylate)
- Imodium (Loperamide)
- Tums (Calcium Carbonate)
- Maalox (Aluminum Hydroxide, Magnesium Hydroxide, Simethicone)
- Milk of Magnesia (Magnesium Hydroxide)
- Gas-X (Simethicone)
- Miralax
- Metamucil (Psyllium Husk)
- Benefiber, FiberSure
- Ex-Lax (Bisacodyl)

Nasal Sprays
- Ocean (Saline)
- Nasalcrom (Cromolyn Sodium)
- Afrin, Neo-Synephrine (Oxymetazoline HCl)

Pain Relivers/Fever Reducers
These are better choices than aspirin when breastfeeding, due to some extremely rare possible complications.

- Tylenol (Acetaminophen)
- Advil, Motrin IB (Ibuprofen)
- Aleve (Naproxen Sodium)

Stop Smoking
- All OTC nicotine quit aids:
  - Nicotine patch, Gum, Lozenge, Inhaler
  - Nicorette, Nicotrol, NicoDerm, Commit, Habitrol

This list does not include all medications that are safe during breastfeeding. Always check with your doctor to see if medications are appropriate for you or your baby.
The Drugs Listed Below are NOT Compatible with Breastfeeding

Alcohol
- Alcohol passes into breastmilk in small quantities. To minimize the amount of alcohol your baby receives, feed baby before you drink and wait several hours after drinking to breastfeed.
- “Pumping and dumping” does not lower the amount of alcohol in your milk. Over time, your blood alcohol levels drop and your milk contains less alcohol.
- Daily drinking and binge drinking are not safe while breastfeeding.

Street Drugs
Illegal drugs are NEVER safe while breastfeeding. These include:
- Marijuana
- Cocaine
- Heroin
- Methamphetamine

Always check with your doctor before taking any medications. If you need information on a specific drug, you can call the WIC clinic or the 24 Hour Breastfeeding Hotline at 1-800-833-4643.