

# Breastfeeding and Medications Selection

The World Health Organization and American Academy of Pediatrics recommend those who can, should continue breastfeeding their child until at least 2 years of life. Any disruption in breastfeeding, whether due to illness or guidance regarding cessation during certain medication use, has shown to dramatically affect breastfeeding rates and duration. The purpose of this form is guidance. If you have any questions or concerns, please utilize resources below to ensure medication safety in breastfeeding.

Safe	Caution	Avoid
<b>Allergy/Cold/Flu</b>		
Afrin Cetirizine Fexofenadine Loratadine Nasal Saline Nasal Steroids	Phenylephrine	Pseudoephedrine <i>*Can reduce milk supply</i>
<b>Antibiotics</b>		
Cephalosporins Penicillin	Tetracyclines (limit duration)	TMP/SMX Nitrofurantoin <i>*Due concern for side effects in infants with G6PD</i>
<b>Analgesics</b>		
Acetaminophen Diclofenac topical Ibuprofen Lidocaine Naprosyn	Morphine Oxycodone <i>*Dose and duration dependent. If patient needs higher dose and longer course, counsel patient to monitor infant for sedation.</i>	Codeine Hydromorphone Meperidine Tramadol <i>*Can cause oversedation in newborn</i>
<b>Anesthesia</b>		
Etomidate Fentanyl Midazolam Paralytics Propofol Volatiles	Hydromorphone Morphine	Ketamine: <i>*Only use if medically indicated</i>
<b>Antiemetics</b>		
All		
<b>Depression</b>		
Mirtazapine SSRIs SNRIs Trazodone TCAs		

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Safe	Caution	Avoid
<b>Anxiety</b>		
Buspirone Hydroxyzine	Lorazepam Midazolam Oxazepam	Clonazepam Diazepam <i>*Long acting benzodiazepines can accumulate in milk, especially with chronic use and increase risk for lethargy, sedation, and poor suck.</i>
<b>Diabetes</b>		
Insulin Metformin	GLP1a: weigh risk/benefits.	SGLT2i (empagliflozin) <i>*Can cause renal issues in infant</i>
<b>Hypertension</b>		
All	ACEI/ARB: women without permanent birth control	
<b>Thyroid/Antithyroid</b>		
All		
<b>Mood Stabilizers/Anticonvulsants</b>		
Carbamazepine Gabapentin Lamotrigine Olanzapine Quetiapine	Pregabalin	Ethosuximide Lithium Phenobarbital Primidone Valproic acid Zonisamide
<b>Recreational/Social</b>		
	Nicotine (cigarettes a/o vaping) <i>*Counsel on increased risk of SIDs.</i> Alcohol <i>*BAL of mother directly correlates to amount of alcohol in breastmilk. Binge drinking more harmful than infrequent small amounts.</i>	Cannabis Cocaine Methamphetamines
<b>Herbals</b>		
Magnesium Prenatal Vitamins Vitamin D	Blessed thistle Fennel	Arnica Fenugreek Seaweed Stinging nettle St. John's Wort

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## Radiology

See table below for summary. Most safe.

TABLE 1. COMMON NUCLEAR MEDICINE IMAGING AGENTS AND RECOMMENDATIONS FOR BREASTFEEDING

<i>Imaging agent</i>	<i>Breastfeeding interruption</i>
Noncontrast radiographs	No
Nonvascular administration of iodinated contrast	No
CT with iodinated intravenous contrast	No
MRI with gadolinium-based intravenous contrast	No
Nuclear medicine imaging	
PET	No
Bone scan	No
Thyroid imaging	
I-131	Cessation for this infant
I-123	Recommendations vary, up to 3 weeks
Technetium-99m pertechnetate	Up to 24 hours, depending on dose
Renal imaging	
Tc-99m DTPA	No <sup>a</sup>
Tc-99m MAG3	No <sup>a</sup>
Tc-99m DMSA	No <sup>a</sup>
Tc-99m glucoheptonate	No <sup>a</sup>
Cardiac imaging	
Tc-99m Sestamibi	No <sup>a</sup>
Tc-99m Tetrofosmin	No <sup>a</sup>
MUGA	
Tc-99m RBCs in vitro	No <sup>a</sup>
Tc-99m RBCs in vivo	Up to 12 hours, depending on dose
VQ scan	
Tc-99m MAA	12 hours
Breast imaging	
Screening or diagnostic mammography	No
Ultrasound	No
MRI with gadolinium-based intravenous contrast	No

<sup>a</sup>The International Atomic Energy Administration recommends withholding breastfeeding for 4 hours or one feeding to account for any external radiation and free Tc99m pertechnetate in the product.

CT, computed tomography; MRI, magnetic resonance imaging; MUGA, multigated acquisition scan; Tc-99m MAA, technetium-99m macroaggregated albumin; PET, positron emission tomography; Tc-99m MAG3, technetium-99m mertiatide; Tc-99m DMSA, technetium-99m succimer; VQ, ventilation-perfusion.

### Additional Resources:

**LactMed:** Drugs and Lactation Database (LactMed®) - NCBI Bookshelf ([nih.gov](http://nih.gov))

**Drugs.com:** Safe Medication Use During Breastfeeding ([drugs.com](http://drugs.com))

**Mothertobaby.org:** Healthcare Professionals - MotherToBaby Resources

**InfantRisk:** App for phone. \$10 yearly payment.

**Radiology Imaging:** see table below