

## Provider Information

### BF – Breastfeeding

#### BF-M MATERNAL MEDICATIONS

**OUTCOME:** The parent/family will understand that most medications are safe during breastfeeding but that some medications are detrimental to breastfed infants.

#### STANDARDS:

1. Explain that most OTC and prescribed medications are safe in breastfeeding, but some medications might pass through the breast milk and be harmful to the baby.
2. Discuss that the breastfeeding mother should consult a healthcare provider before starting any new prescribed or OTC medications and/or herbal/traditional therapies.

#### **Can I take medicines if I am breastfeeding?**

Although almost all medicines pass into your milk in small amounts, most have no effect on the baby and can be used while breastfeeding. Very few medicines cannot be used while breastfeeding. Discuss any medicines you are using with your doctor and ask before you start using new medicines. This includes prescription and over-the-counter drugs, vitamins, and dietary or herbal supplements. For some women with chronic health problems, stopping a medicine can be more dangerous than the effects it will have on the breastfed baby.

If your doctor prescribes a medication, tell your doctor or healthcare provider that you are breastfeeding. Your health care provider can tell you if this medication will have any effect on your breastfeeding and on your baby. Also, discuss any over-the-counter drugs, teas, herbal supplements with your doctor.

Click here for a Patient Education Handout for [breastfeeding mothers and medication](#).

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