

# BREASTFEEDING AND HEALTHY LIVING

## Medications and Breastfeeding

### Introduction

In order to assist health care professionals, mothers and their families make judicious decisions related to medications and breastfeeding; following are some links to the most current information available:

CAUTION – Very few mothers need to suspend or cease breastfeeding due to the use of medications. If this is the case, please see the following links to develop protocols and provide appropriate support to breastfeeding mothers:

- [Temporary](#) (ANY period of time that mothers must stop breastfeeding REQUIRES referral and resources) suspension of breastfeeding
- [Permanent](#) cessation of breastfeeding

- AAFP: [Medications and the Breastfeeding Mother](#) (2001)
- AAP: [The Transfer of Drugs and other Chemicals to Human Milk](#) (2001)
- [LACTMED](#): A listing of prescription medications and their research-based safety for breastfeeding mothers (2006)
- [Breastfeeding Pharmacology](#): Texas Tech University Health Sciences Center
  - [www.ibreastfeeding.com](http://www.ibreastfeeding.com)
  - Books for Health Care Professionals:
    - [Medications and Mothers' Milk](#) (2008) by Thomas Hale, RPh, PhD. Includes prescription, non-prescription and herbal information
    - [Breastfeeding: Conditions and Diseases](#) (2004) by Anne Merewood, MA, IBCLC and Barbara Philipp, MD, IBCLC
    - [Medications and More Newsletter](#)
    - [MMM Online Subscription](#) (Updated Regularly)
  - Books for Parents: [A Medication Guide for Breastfeeding Moms](#) (2005)

### Journal articles:

- Committee on Drugs, American Academy of Pediatrics: [The Transfer of Drugs and Other Chemicals Into Human Milk](#), PEDIATRICS Vol. 108 No. 3 September 2001, pp. 776-789
- Nice, FJ: [Breastfeeding and Over the Counter Medications](#): Journal of Human Lactation, Vol. 16, No. 4, 319-331 (2000) by Frank J. Nice, DPA, CPHP, US Public Health Service; Clinical Neurosciences Program of the National Institutes of Health; Jeanette L. Snyder, PharmD. Lehigh Valley Hospital in Allentown, Pennsylvania; Brian C. Kotansky, PharmD , Bay Pines Veterans Administration Hospital in Bay Pines, Florida.

**Telephone helpline for Patients:**

- [California Teratogenic Information Line](#) Telephone: (800) 532-3749 Email: [ctispregnancy@ucsd.edu](mailto:ctispregnancy@ucsd.edu)

**Telephone helpline for Health Care Professionals ONLY:**

- The Breastfeeding and Human Lactation Study Center; University of Rochester School of Medicine and Dentistry, Department of Pediatrics, Box 777, 601 Elmwood Avenue Rochester, New York 14642. Telephone: (585) 275-0088 Fax: (585) 461-3614 Director: Ruth A. Laurence, MD

**Additional Resources/Links:**

- San Diego County Breastfeeding Coalition: [Drugs/Medications and Breastfeeding](#)
- Breastfeeding Online: [Breastfeeding and Medications](#)
- La Leche League International: [Maternal Medications and Breastfeeding](#)
- Massachusetts Breastfeeding Coalition: [Medications and Breastfeeding](#)