

Breastfeeding

While Mom is Sick



Continue Breastfeeding

It is important for you and your baby to still nurse even if you become ill.

- ◆ Breastfeeding gives your baby the best nutrition so he can stay healthy.
- ◆ By continuing to breastfeed you will maintain your milk supply for your baby. Your supply may decrease if you stop breastfeeding while you are sick.
- ◆ If you stop breastfeeding suddenly you may develop an infection called mastitis.

Worried About Getting Baby Sick?

Breastfeeding and simple precautions can prevent your illness from passing on to baby.

- ◆ Breast milk helps protect your baby from the diseases you are exposed to.
- ◆ Wash your hands before handling your baby and avoid putting your face to his.
- ◆ Avoid sneezing or coughing on your baby.
- ◆ For severe illness, check with your doctor about the best way to feed your baby while you are sick.



WIC is an equal opportunity provider.

Safe Medication While Breastfeeding

These medications do not suppress milk supply.

◆ Nausea and Vomiting Medications

Milk of Magnesia
Citro-Mag
Citrucel Caplets, Citrucel Packets Orange
Phillips Milk of Magnesia
Mylanta
Gastrobrom
Pepcid
Axid-AR

Equate Acid Reducer
Pepcid-AC
Imodium
Pepto Diarrhea Control
Maalox Anti-Diarrheal Caplets
Kaopectate II Caplets
Imodium Advanced
Prilosec OTC Tablets
Zantac

◆ Cold and Flu Medications

Cheracol cough syrup
Cheracol D cough formula syrup
Codclear DH syrup
Codimal DM syrup
Comtrex Deep Chest Cold
Comtrex Deep Chest Cold Non-Drowsy
Comtrex Deep Chest Congestion Relief Liquid
Delsym 12-Hour Cough Relief Liquid
Diabetic Tussin Cold and Flu Gel Caps
Diabetic Tussin Maximum Strength DM Cough Suppressant
Expectorant
Diabetic Tussin Night Time Formula Cold/Flu Relief
Hycodan syrup
Hycodan tablets
Ibuprofen
Levall 5.0 liquid
Levall liquid
Mucinex DM Expectorant/Cough Suppressant, Extended
Release Bi-Layer Tablets
Mucinex Expectorant 600 mg Tablets
Naldecon senior DX liquid
OMNIhist LA tablets

Robitussin cough & congestion liquid
Robitussin Cough Gels Liqui-Gels
Robitussin Cough Liquid
Robitussin Cough Long Acting Liquid
Robitussin Cough Medicine
Robitussin DM Cough Suppressant/Expectorant
Robitussin sugar free cough liquid
Robitussin-DM liquid
Sucrets Cough Suppressant Cherry Lozenges
Theraflu Flu & Chest Liquid
Theraflu Chest Congestion Powder
Triaminic
Triaminic Cold & Allergy Liquid
Triaminic Cough & Sore Throat Liquid
Triaminic Long Acting Liquid
Triaminic Long Acting Cough Thin Stips
Triaminic Softchews Cough & Sore Throat Daytime Liquid
Triaminic Sore Throat Grape Flavor
Tylenol PM extra strength tablets, gelcaps and geltabs
Tylenol Sore Throat Daytime Liquid
Tylenol Sore Throat Nighttime Liquid
Vicks 44E cough & chest congestion relief

◆ Allergy Medications

Alavert
Claritin
Tylenol Allergy Multi-Symptom Severe Caplets

◆ Nasal Sprays & Decongestants

Most are safe to use except for the medications listed below.

Treatments to Avoid

These are not safe to take while breastfeeding.

◆ Decongestants

Nasal-Ease with Zinc
Nasal-Ease with Zinc Gluconate
Benzedrex; Vicks Vapor Inhaler
Zicam Cold Remedy No-Drip Liquid Nasal Gel
Zicam Cold Remedy Swabs No-Drip Liquid Nasal Gel
Adrenaline Chloride
Nuprin Cold Relief Nasal Decongestant Inhaler
Pretz-D

◆ Herbs

Aloe
Black Elderberry
Blue Cohosh
Buckthorn bark/berry
Caraway Oil extract
Cascara Sagrada bark
Coltsfoot leaf
Comfrey
Germander

Ginseng
Golden Seal
Gordolobo yerba tea
Indian Snakeroot
Jin Bu Huan
Kava Kava
Licorice
Male Fern
Margosa oil
Mate tea

Mistletoe
Pennyroyal oil
Peppermint oil extract
Petasites root
Podophyllum
Purging Buckthorn
Rhubarb root
Sage
Senna leaf and extract
Skullcap

Ask your doctor before taking any medications.