

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.



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Safe Medication While Breastfeeding

These medications do not suppress milk supply.

◆ Nausea and Vomiting Medications

Alka-Seltzer Heartburn Relief Tablets
Beano Food Enzyme Dietary Supplement Drops
Dairy Ease Caplets
Gas-X Antigas Chewable Tablets
Lactaid
Maalox

Maalox Antacid-75 Tablets Mint Crème Flavor
Milk of Magnesia
Mylanta (all tablets, gels and liquids)
Pepcid (all types)
Pepto-Bismol
Prevacid
Prilosec OTC Tablets
Zantac

◆ Cold and Flu Medications

Acetaminophen
Advil (no cold, sinus or PM)
Airborne (no more than 8 weeks)
Bayer Select
Cepacol
Cepacol Cold Care Cherry
Cepacol Cold Care Zinc Acetate Lozenges
Cepacol Dual Cherry Spray
Cepacol Max Spray Mint
Cepacol Max Strength Cherry Lozenges
Cepacol Sore Throat Lozenges
Cepacol Sore Throat Spray
Chloraseptic Total Cherry Lozenges
Coricidin Cold & Flu Tablets
Coricidin Hbp Cough & Cold Tablets
Coricidin Hbp Maximum Strength Flu Tablets
Dayquil Cough Liquid
Delsym 12-Hour Cough Relief Liquid
Dimetapp Long-Acting Cold Plus Cough Elixir
Excedrin Quicktabs
Excedrin Tension Headache Caplets
Ibuprofen
Nyquil Alcohol Free Cold Flu Liquid
Robitussin Cough Long Acting Liquid

Robitussin Cough Gels Liqui-Gels
Robitussin Cough Long-Acting Liquid
Robitussin Cough Medicine
Robitussin sugar free cough liquid
Robitussin-DM liquid
Sucrets
Sucrets Cough Suppressant Cherry Lozenges
Triaminic
Triaminic Cough & Sore Throat Liquid
Triaminic Flu Cough & Fever Liquid
Triaminic Long Acting Cough Liquid
Triaminic Long Acting Cough Thin Stips
Triaminic Softchews Cough & Sore Throat Daytime Liquid
Triaminic Sore Throat Grape Flavor
Tylenol
Tylenol 8-Hour
Tylenol Extra Strength Gelcaps
Tylenol Ultra
Vicks
Vicks 44 C/C Cough/Cold PM Liquid
Vicks 44 C/C Dry Cough Berry Liquid
Vicks 44 Liquid
Vicks 44M Liquid
Vicks Cough Drops Cherry Flavor
Vicks Dayquil Cough Liquid

◆ Allergy Medications

Alavert 24-Hour Allergy Tablet
Allegra

Claritin
Vicks Sinex Long Acting Nasal Spray for Sinus Relief (no more than 3 days)
Zyrtec

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
Black Cohosh
Black Elderberry Extract
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.