

# MOTHERTOBABY GEORGIA MONTHLY

## MEDICATIONS AND BREASTFEEDING

You've made it through the hard work of pregnancy and childbirth and the first few days of breastfeeding when, bam! You're hit with a cold. You're miserable and desperate for some relief. What can you take? Luckily for you, and the millions of other women who need to take prescription or over the counter medicines while breastfeeding, the American Academy of Pediatrics has determined that most medications are compatible with breastfeeding. If one isn't, there is usually a similar medication that is, so mothers should not be encouraged to wean just because they need to take a medication.

So, what should you do if you are on a medication or need to take a medication while breastfeeding? First, talk to your doctor. Let him or her know you are breastfeeding, and that this is important to you. Ask why you need the medication, and for how long. Second, talk to your child's pediatrician. Tell them you will be taking a medication and ask them if there is any specific reason related to the health of your baby why this medication would not be recommended. Third, give us a call here at MotherToBaby. We will tell you whether the medication you are taking enters breast milk, and if so at what amount; if there have been any reports of breastfeeding babies developing issues with that medication or if there are other reasons to avoid it; whether the medication may affect your supply; and what signs to stop using the medication to look for (sleepiness, diarrhea, etc.).

These three conversations are all you need to get relief and continue on your breastfeeding journey!



**Have Questions?  
Contact The Experts!**

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