

Sleep Aid

* Okay to use:

- Diphenhydramine (Benadryl) - monitor baby for drowsiness

⇒ Avoid:

- ! Doxylamine (Unisom)
- ! Melatonin

Gas

* Okay to use:

- Simethicone

Hemorrhoids

* Okay to use:

- Witch Hazel (Tucks Medicated Pads)

Tips for OTCs

1. Only take a medication if you really need it.
To avoid any possible complications, try using a non-pharmacological option first.
2. Take oral medications immediately after nursing or before the infant's longest sleep period to minimize drug transfer through milk.
3. Avoid medications that are "extra-strength", "maximum-strength", or long-acting as they may remain in the milk for longer periods of time.
4. Take the lowest possible dose for the shortest possible time.
5. Watch for any side effects that may occur in the child such as sleepiness, rashes, diarrhea, or colic.
6. Always read the medication labeling to see if there are any precautions for breastfeeding. Always check active ingredients to make sure the medication is not listed in this pamphlet

For More Information:

- * www.womenshealth.gov
- * www.nlm.nih.gov/medlineplus

What Over-the-Counter Medications are Safe in Breast Feeding?

BrownClinic 

Phone: (605)-886-8482

*Personal Care From the
People You Know and Trust.*

Questions?

- * **This pamphlet is meant as a guide only, and is not meant to replace any medical advice.**
- * **If you have any questions or concerns about you or your baby, do not hesitate to contact your physician or pharmacist!**

Safe Treatment of Common Issues Encountered While Breast Feeding

Headache/Muscle & Joint Pain

* **Okay to use:**

- Acetaminophen (Tylenol)
- Ibuprofen (Motrin/Advil)

⇒ **Avoid:**

- ! Naproxen (Aleve)
- ! Aspirin

GERD/Heartburn

* **Okay to use:**

- Famotidine (Pepcid)
- Ranitidine (Zantac)
- Omeprazole (Prilosec)
- Oral antacids

⇒ **Avoid:**

- ! Bismuth subsalicylate (Pepto-Bismol)

Allergies

* **Okay to use:**

- Loratadine (Claritin) - preferred
- Chlorpheniramine (Chlor-Trimeton)

⇒ **Avoid:**

- ! Clemastine (Tavist)
- ! Careful with sedating anti-histamines (may sedate baby)

Decongestants

* **Okay to use:**

- Saline spray (such as Ayr) - preferred
- Nasal spray containing phenylephrine

⇒ **Avoid:**

- ! Nasal sprays containing oxymetazoline
- ! Pseudoephedrine and phenylephrine tablets

These medications are not preferred as they can decrease milk production. Can be used if absolutely necessary.

Cough

* **Okay to use:**

- Dextromethorphan (Delsym)

⇒ **Avoid:**

- ! Guaifenesin (Mucinex)
- ! Products that contain alcohol should be avoided if possible

Vaginal yeast infection

* **Okay to use:**

- Miconazole (Monistat)
- Clotrimazole (Vagisil)

Constipation

* **Okay to use:**

- Docusate (Colace)
- Bisacodyl (Dulcolax)
- Senna (Senokot)
- Psyllium (Metamucil)

⇒ Monitor the infant for diarrhea with these agents

Diarrhea

* **Okay to use:**

- Loperamide (Immodium)

⇒ Do not use loperamide continuously for more than two days

Nausea/Vomiting

* **Okay to use:**

- Diphenhydramine (Benadryl) - monitor baby for drowsiness

⇒ **Avoid:**

- ! Meclizine (Antivert)