

Medications and Breastfeeding

Is it safe to take medications while I'm breastfeeding?

Many medications are safe to take while breastfeeding, but a few are not. Some medications that are not safe for pregnancy may be safe while breastfeeding. Check with your health care provider and a lactation consultant before taking any medications. If you are prescribed a medication, let the doctor know you are breastfeeding so they can find an option that will meet your needs.



How can I learn more about the safety of my medication?

Here are some helpful resources.

- **Infant Risk Center** - Provides safety information about medications.
www.infantrisk.com
806-352-5219
- **e-lactancia** - Search for medications and learn if they are safe while breastfeeding. Available in English and Spanish.
www.e-lactancia.org/
- **Drugs and Lactation Database** - Find research on medications related to safety with breastfeeding.
www.ncbi.nlm.nih.gov/books/NBK501922/

Find more tips at BreastmilkCounts.com

For free 24/7 information and support, call the
Texas Lactation Support Hotline at 855-550-6667
to speak with a lactation consultant.

WIC has resources, healthy foods and more. Apply here:



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