

Your Guide to Medications and Breastfeeding



You may have questions or concerns about how medications you are taking can affect your breast milk and your baby.

Research shows that the benefits of breastfeeding outweigh the risks of not breastfeeding for patients who take most over the counter or prescription drugs and vaccines as recommended. Therefore, most patients do not need to interrupt breastfeeding when taking a drug or when receiving a vaccine.

Helpful Resources

The following resources are available for you to read and to share with your healthcare provider when discussing the risks and benefits of medications while breastfeeding.

Resource	Information Provided	Website
LactMed	<ul style="list-style-type: none">• Potential risks of medications and supplements on breast milk supply• Levels of the medication in breast milk• Possible effects on breastfeeding infants• Alternatives for non-compatible medications	https://www.ncbi.nlm.nih.gov/books/NBK501922/
InfantRisk Center	<ul style="list-style-type: none">• Medication, vaccine and supplement safety during pregnancy and breastfeeding• Alternatives for non-compatible medications• Infections during pregnancy and breastfeeding• Free phone advice, at (806) 352-2519	infantrisk.com/
MotherToBaby	<ul style="list-style-type: none">• Safety of medications, supplements, other exposures during pregnancy & breastfeeding• Free trained experts available by chatbot, text at 855.999.3525 (standard messaging rates may apply), and phone 866.626.6847 (toll free)• Available in Spanish	mothertobaby.org/
E-Lactancia	<ul style="list-style-type: none">• Safety of medications and other exposures during breastfeeding• Levels of medications in breast milk• Available in multiple languages	e-lactancia.org



While these resources give valuable information, always consult with your primary care provider or Nest Lactation Consultant before taking any new medication or supplement.

Your Nest Lactation Consultant and primary care provider can help you make an informed decision that supports your health, your baby's health, and your infant feeding goals.

Schedule your next appointment with a Nest Collaborative IBCLC by visiting www.nestcollaborative.com or by calling (888) 598-1554.