

1. Only take medications if needed to manage your medical conditions.

- Some medical conditions can be managed with non-medicine options while others require medications.
- Almost all medications enter human milk in small amounts.
- Most prescription and over-the-counter medicines are considered safe to use while nursing.
- Only take medications that have been shown to help your condition.

2. How to reduce the amount of medicine received by baby:

- Feed your baby just before taking the medication.
- If possible, take the medication before your baby's longest sleep period.
- If possible, avoid extended-release products.
- Use the lowest dose possible for the shortest time possible.

3. Be aware of symptoms that could indicate your baby is being affected by the medication.

- Examples include diarrhea, constipation, sedation, and irritability not present before you started the medication.
- Ask your doctor or pharmacist what symptoms to watch for.

4. In certain cases, more caution with medication use is required.

- For the first few weeks after birth.
- Until milk supply is well established.
- If your baby has any health problems.

5. If advised to stop nursing to take a medication, ask:

- What references were consulted? (Drug companies often will not recommend products during nursing for liability reasons.)
- Are there safer alternative medications that can be used?
- Can you wait until your baby is older before starting the medication?

6. Do not smoke or allow anyone else to smoke around your baby.

- Completely stopping nicotine is the best option.
- If unable to stop, use of nicotine replacement therapy (e.g., gum, lozenge) is better than continued smoking.

7. Limit your alcohol intake.

- An occasional glass of wine, one beer, or a mixed drink is not considered harmful.
- Wait 2-3 hours after a drink before nursing your baby.
- Daily drinking can inhibit milk letdown and slow baby's weight gain.

8. Avoid recreational drugs such as marijuana, heroin, or amphetamines.

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For more information contact



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**(Toll-free anywhere in
Saskatchewan)**

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at no charge on prescription medications,
over-the-counter medications, and herbal
products.*



medSask Homepage

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Breastfeeding or Chestfeeding and Medications



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