

Cold and Allergy Relief for Breastfeeding Moms

Most meds go into breast milk in small amounts, but many are safe to use while breastfeeding or pumping.

Basic Guidelines to Follow:

- Avoid combination meds when a single one will treat the symptoms you have
- Use meds you can take every 4-6 hours. These stay in your body for a shorter time
- Try to use nasal sprays instead of oral pills
- Take meds right after you breastfeed or pump
- Only take meds when needed
- Try natural remedies to treat cold and allergy symptoms
- Talk to your doctor if you have side effects or notice a decrease in your milk supply
- Tell your doctor you are breastfeeding or pumping before starting a new med
- Talk to your doctor or your baby's doctor if you have questions about a med you are taking. You can also talk to a pharmacist or a lactation consultant for more information

Common over the counter (OTC) meds thought to be safe while providing breast milk

Cold Symptoms:

Common Name	Medication	Use	Important to know
Mucinex, Robitussin	Guaifenesin	Expectorant used to loosen mucus	<ul style="list-style-type: none"> • Take with large amount of water • Watch for sleepiness in baby
Benylin, Delsym, Vicks 44 Cough Relief	Dextromethorphan	Cough Suppressant	<ul style="list-style-type: none"> • Considered to be safest medication to stop coughing • Watch baby for sleepiness and trouble feeding
Sore throat sprays		Soothing sore throat	<ul style="list-style-type: none"> • Considered safe
Cough Drops		Cough relief	<ul style="list-style-type: none"> • Taking large amounts of cough drops that have menthol can decrease your milk supply

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Pain Meds:

Common Name	Medication	Use	Important to know
Advil, Motrin, Ibuprofen	Ibuprofen	Pain reliver, anti-inflammatory, fever reducer	<ul style="list-style-type: none"> • Considered safe
Tylenol	Acetaminophen	Pain reliever, fever reducer	<ul style="list-style-type: none"> • Considered safe
Aleve	Naproxen	Pain reliever, anti-inflammatory	<ul style="list-style-type: none"> • Can stay in your system for longer
Aspirin	Aspirin	Pain reliver, anti-inflammatory, fever reducer, blood thinner	<ul style="list-style-type: none"> • Considered low risk for use while providing breast milk • Do not take without discussing with a doctor if you or your baby has a bleeding disorder

Eye Drops and Nasal Sprays:

Common Name	Medication	Use	Important to know
Eye drops		Relief of irritated eyes	<ul style="list-style-type: none"> • Considered safe
Afrin	Oxymetazoline	Nasal decongestant	<ul style="list-style-type: none"> • Considered safe
Nasacort	Triamcinolone	Relief of nasal congestion	<ul style="list-style-type: none"> • Considered safe
Nasal Saline Irrigation			<ul style="list-style-type: none"> • Medication free relief of nasal congestion • Always use sterile water to avoid infection

Allergies and Sinus Congestion:

Common Name	Medication	Type of Medication	Important to Know
Benadryl, Tylenol PM	Diphenhydramine	Antihistamine	<ul style="list-style-type: none"> • Can make you and baby sleepy • Use for short periods of time
Zyrtec, Claritin, Allegra	Cetirizine, Loratadine, Fexofenadine	Antihistamine	<ul style="list-style-type: none"> • Considered safe • Monitor for drop in milk supply • Drink plenty of water when taking
Sudafed, Claritin-D, Allegra-D	Pseudoephedrine	Decongestant	<ul style="list-style-type: none"> • Considered safe • May decrease milk supply especially in moms with low milk supply • Drink plenty of water when taking
Neofrin, Neosynephrine, Vicks Sinex Nasal	Phenylephrine		

Call the Breastfeeding and Pumping Helpline (816) 346-1309 if you have questions

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