

MEDICATIONS THAT CAN BE UTILIZED WITH BREASTFEEDING

ALLERGIES

Benadryl (Limit use, may decrease milk supply, use short-term due to drowsiness)

Claritin

Claritin D (May decrease milk supply)

Sudafed (May decrease milk supply)

Zyrtec

COLDS

Nasal Saline Irrigation

Neti Pot

Actifed (May decrease milk supply)

Chlortrimeton (Limit use, may decrease milk supply, use short-term due to drowsiness)

Contac (Limit use, may decrease milk supply, use short-term due to

drowsiness)

Claritin

Claritin D (May decrease milk supply)

Dayquil

Drixoral

Neo synephrine Nasal-Spray

Saline Nose Drops

Sudafed (May decrease milk supply)

Tylenol Cold Daytime

Tylenol Cold Nighttime (Limit use, may decrease milk supply, use short-term due to drowsiness)

Tylenol Sinus Daytime

Tylenol Sinus Nighttime (Limit use, may decrease milk supply, use short-term due to drowsiness)

NO NYQUIL

CONSTIPATION

Citracel

Colace

Fiberall

Fibercon tablets

High fiber cereals

Milk of Magnesia

Metamucil

Plenty of Fluids

Prunes

Senocot

COUGHS

Halls Lozenges

Robitussin DM (May decrease milk supply)

DIARRHEA

Imodium, AD

Pepto Bismol (Limited use)

FLU

Increase Fluids

Tylenol Flu Daytime

Tylenol Flu Nighttime (Limit use, may decrease milk supply, use short-term due to drowsiness)

PAIN

Ibuprofen (do not exceed 3.2 grams/day)

Tylenol (do not exceed 4 grams/day)

Tylenol Extra Strength (do not exceed 4 grams/day)

NO ALEVE

NO ASPIRIN

NO EXCEDRIN

HEARTBURN

Gaviscon

Maalox

Mylanta

Mylicon-80

Pepcid AC

Riopan

Roloids

Tagamet

Tums

Zantac

HEMORRHOIDS

Anusol

Covered ice/cool packs

“Doughnut” pillow

HC 1% (Preparation H with 1% hydrocortisone)

Sitz Baths

Tucks Pads

SORE THROAT

Cepacol

Chloraseptic Spray

Warm Salt Water-Gargles

Halls Fruit Breezers