

Medications Safe to Use While Breastfeeding/Lactating

Most medications are safe to use when breastfeeding/lactating. The over-the-counter (meaning available without a prescription) medications listed below are safe to take while breastfeeding/lactating. Take them according to the package directions. If you have any questions about using these medications or any other medications, or if you continue to have symptoms that are not helped by the medication, call your health care provider.

Allergy Symptoms

- Cetirizine (Zyrtec[®])
- Diphenhydramine (Benadryl[®])
- Fexofenadine (Allegra[®])
- Fluticasone (Flonase[®])
- Loratadine (Claritin[®])
- Pseudoephedrine (Sudafed[®]) for nasal congestion *talk with your health care provider if you have high blood pressure. May decrease milk supply.
- Prescription asthma medications

Colds and Flu

- Guaifenesin (Mucinex[®]) for congestion
- Dextromethorphan (Robitussin[®]) for cough
- Acetaminophen (Tylenol[®]) for aches and pains and temperature over 100.6° F (38.1° C)
- Ibuprofen for aches and pains and temperature over 100.6° F (38.1° C)
- Benzocaine (Chloraseptic[®]/Cepacol[®]/Halls[®]) lozenges for sore throat

Constipation

- Polyethylene glycol (Miralax[®])
- Docusate sodium (Colace[®]) stool softener
- Fiber (Metamucil[®], Fiber Con[®])

Diarrhea (continuing longer than 24 hours)

- Loperamide (Immodium)

Headaches

- Acetaminophen (Tylenol[®]) or Ibuprofen (Motrin[®])

Heartburn/Gas

- Calcium (Tums[®], Mylanta[®], Maalox[®]) for heartburn
- Simethicone (Mylicon[®] or GasX[®]) for gas
- Ranitidine (Zantac[®])

Vaginal Yeast Infection

Miconazole (Monistat[®]) 1-day, 3-day or 7-day treatment

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