Safe Medications While Breastfeeding

The medications listed below are considered to be safer during breastfeeding. When choosing an over the counter medication, try to choose one with as few active ingredients as possible for your symptoms. Also, try to time the medications so that you are taking them right after you finish nursing the baby, in an attempt to further decrease the amount that may be found in the breast milk. Other medications can be taken, however, should first be discussed further with your medical provider or lactation consultant. Further information can be found @ www.kellymom.com/category/bf/can-i-breastfeed/. You can also contact the Lactation Consultant at MedStar St. Mary’s Hospital at 301-997-6505.

Pain Medications
*These products all contain Acetaminophen. Do not take more than 4 grams or 4,000 milligrams of Acetaminophen in 24 hours*
Acetaminophen (Tylenol, Tylenol Extra Strength, Tylenol Ultra, Anacin Tab)*
Tylenol PM*
Excedrin PM*
Excedrin Tension HA*
These pain medications do not contain Acetaminophen
Ibuprofen (Motrin, Advil)
Advil PM

Allergy, Cough and Cold
Dextromethorphan
Triaminic Cough and Sore Throat Daytime
Diphenhydramine (Benadryl)
Loratidine (Claritin)
Allegra
Zyrtec
Tylenol Sore Throat Nighttime
Vicks 44
Vicks 44 Cough/Cold
Tylenol Allergy Multisymptom
Triaminic Cold & Allergy
Theraflu Flu & Chest
Alka-Seltzer Plus Mucus & Congestion
Alka-Seltzer Plus Mucus
Cheracol Cough Syrup
Cheracol D
Guafenesin
Comtrex Deep Chest Cold
Robitussin
Robitussin DM
Robitussin Cough Liqui-gels
Robitussin Cough & Congestion
Cordicin Hbp (Recommended if you have high blood pressure)
Cordicin Hbp Chest Congestion & Cough Softgels (Recommended if you have high blood pressure)
Delsym 12 hr Relief liquid
Mucinex
Mucinex DM
**Constipation**
Docusate (Colace)
Milk of magnesia
Bisacodyl
Citrucel

**Anti-Diarrhea**
Imodium
Loperamide

**Heartburn**
Cimetidine (Tagament)
Ranitidine (Zantac)
Prilosec
Famotidine (Pepcid)