



Southern Maryland Women's Healthcare, P.A.

41680 Miss Bessie Drive, Suite 102 • Leonardtown, Maryland 20650

23127 Three Notch Road, Suite 104 • California, Maryland 20619

Phone: (301)997-1788 • Fax: (301)997-1790

www.smwomenshealth.com

Breastfeeding Medication List

Medication Name	Special Instructions
ANTACIDS/REFLUX/UPSET STOMACH	
Plain Maalox, Mylanta, Tums, Rolaids	
Pepto-Bismol (bismuth subsalicylate)	
Pepcid (famotidine)	
Zantac (ranitidine)	
Tagamet (cimetidine)	
Aciphex Rx (rabeprazole)	
Nexium Rx (lansoprazole)	
Prevacid Rx (pantoprazole)	
Prilosec (omeprazole)	
Protonix Rx (pantoprazole)	
ANTIBIOTICS (ALL RX)	
Amoxicillin, Ampicillin	May cause foul taste of breastmilk
Augmentin (amoxicillin +clavulanate)	May cause foul taste of breastmilk
Bactrim (trimethoprin/sulfamethoxazole)	May cause foul taste of breastmilk
Cipro (ciproflaxcin), Levaquin (levofloxacin)	May cause foul taste of breastmilk
Clindamycin	May cause foul taste of breastmilk
Doxycycline	May cause foul taste of breastmilk
Erythromycin	May cause foul taste of breastmilk
Keflex (cephalexin)	May cause foul taste of breastmilk
Macrobid, Macrodantin (nitrofurantoin)	May cause foul taste of breastmilk
Metronidazole	May cause foul taste of breastmilk
Tetracycline	May cause foul taste of breastmilk
Zithromax (azithromycin)	May cause foul taste of breastmilk
ANTI-DEPRESSANTS	
Paxil (paroxetine)	Take as prescribed
Zoloft (sertraline)	Take as prescribed
Luvox (fluvoxamine)	Take as prescribed
ANTI-DIARRHEALS	
Imodium capsules (loperamide)	
Kaopectate (bismuth subsalicylate)	
ANTI-EMETICS/NAUSEA	
Unisom Sleep Tabs (doxylamine)	
Kytril Rx (granisetron)	Take as prescribed
Phenergan Rx (promethazine)	Take as prescribed
Reglan Rx (metoclopramide)	Take as prescribed
Zofran Rx (ondansetron)	Take as prescribed
ANTIFUNGALS/YEAST/BV	
Diflucan Rx (fluconazole)	
Gynazole 1 Rx (butoconazole)	
Gyne-Iotrimin 3 or 7-day (clotrimazole)	
Monistat 1-day (miconzole, ticonazole)	
Monistat 3 or 7-day (miconazole)	Apply minimal amount, preferred over 1-day
TOPICAL CREAMS/ OINTMENTS	
Benadryl, hydrocortisone, caladryl	
Retin A	Use as prescribed

ANTIHISTAMINES/ DECONGESTANTS/COUGH/COLD	
Allegra Rx (fexofenadine)	
Afrin nasal spray (oxymetazoline)	
Benadryl (diphenhydramine)	
Chlor-trimeton (chlorpheniramine)	
Clarinet, Alavert (loratadine)	
Cough Drops	
Mucinex (guaifenesin)	
Mucinex-D (guaifenesin+pseudoephedrine)	
Phenylephrine	
Robitussin Cough, Delsym (dextromethorphan)	
Robitussin CF cough & cold (dextromethorphan+guaifenesin+phenylephrine)	
Robitussin DM (dextromethorphan+guaifenesin)	
Sudafed (pseudoephedrine)	
Tamiflu	
Zicam	
Zyrtec (cetirizine)	
ANTIVIRALS	
Famvir Rx (famcyclovir)	
Valtrex Rx (valcyclovir)	May cause foul taste of breastmilk
Zovirax Rx (acyclovir)	May cause foul taste of breastmilk
BIRTH CONTROL METHODS	
Progestin-only pill, such as "mini-pill"	
Mirena IUD	
Skyla IUD	
Paragard IUD	
Nexplanon	
Depo-Provera Injection	
Plan-B	
LAXATIVES/STOOL SOFTENERS	
Citrucel (methylcellulose powder)	
Colace (docusate sodium)	
Dulcolax Tablets (bisacodyl)	
Lactulose Rx	
Milk of Magnesia	
Miralax (PEG)	
Senokat (senna)	
PAIN/FEVER	
Aleve (naproxen sodium)	
Aspirin (81 mg)	
Motrin, Advil (ibuprofen)	
Naprosyn (naproxen)	Short-term use only
Tylenol (acetaminophen)	
Tylenol with codeine Rx	

The medications listed above 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 you medical provider or lactation consultant. You can also contact the Lactation Consultant at MedStar St. Mary's Hospital at 301-997-6505.