

BREASTFEEDING MEDICATIONS

NSAIDS (Non-steroidal anti-inflammatory drugs) Ibuprofen (“Nurofen”, ‘Advil’, ‘Nurofen cold and flu’)

Lactation risk category: 1 (safest)

- Drug which has been taken by a large number of breastfeeding mums without any observed increase in adverse effects in the infant. Controlled studies in breastfeeding women fail to demonstrate a risk to the infant and the possibility of harm to the breastfeeding infant is remote OR the product is no orally bioavailable to an infant.
- Ibuprofen enters milk only in a very low level (less than 0.6% maternal dose). Even large doses produce very small milk levels. (e.g. A maternal dose of 400mg twice per day, yielded milk levels of less than 0.5mg/litre; other studies demonstrated that when maternal doses were 400mg every 6 hours for a total of 5 doses, all breast milk levels of ibuprofen were less than 1.0mg/litre.)
- Paediatric dose for infant fever is recommended 5-10mg/kg every 6 hours.
- Adult dose 400mg 4-6 hourly. It is recommended to breastfeed immediately prior to or during breastfeed so as to reduce concentration in plasma before next feed.
- o *Contraindications:* NSAID sensitive asthma, rhinitis, urticaria, active GI bleeding, ulcer
- o *Precautions:* prolonged use, history of GI bleeding, ulcers, bleeding tendencies, renal/hepatic/cardiac impairment
- o *Interactions:* (Don't take if you are also taking these medications) Warfarin, lithium, ACE inhibitors, beta blockers, thiazines, diuretics, frusemide, cardiac glycosides, methotrexate, corticosteroids

Antibiotics

- Check with your pharmacist that the prescription you have been given is in fact the most suitable antibiotic for a breast infection.
- Take at the beginning of each feed
- If antibiotics have commenced or *thrush is present* in mother or baby, try ***Lactobacillus acidophilus***.
- o Purchase products that come in granule form in a glass container and take it for the duration of the course of antibiotics or until the Lactobacillus acidophilus is completed.
- o Lactobacillus acidophilus may also be applied as a paste to nipples if nipple thrush has been diagnosed.

A L C H E M Y
I N M O T I O N



Anti-fungal treatments

- Medically prescribed oral antifungal medications should be taken at the beginning of each feed
- Topical applications of anti-fungal medication should be applied as advised by your lactation consultant, doctor, nurse or physiotherapist.
- Eating unsweetened natural yoghurt of at least 250g per day is recommended if thrush is diagnosed

