

Medication Guidelines for Breastfeeding

Cold Symptoms

- Sudafed or Actifed
- Sucrets or Chloraseptic Lozenges
- Robitussin for cough
- Tylenol, Tylenol extra strength
- Ibuprofen, Advil, Motrin
- Claritin
- **No Benadryl** (diphenhydramine)

Headaches/Discomfort

- Tylenol, Tylenol extra strength
- Ibuprofen, Advil, Motrin

Constipation

- Increased fluids(6-8 glassed of water)
- Eat high roughage foods(fresh fruits, vegetables, and bran)
- FiberCon, Metamucil
- Senokot, Surfak, Colace

Backache

- Pelvic tilts
- Apply heat
- Tylenol, Tylenol extra strength
- Ibuprofen, Advil, Motrin, Aleve
- Rest

Diarrhea

- Imodium A-D
- **No Kaopectate or Pepto Bismol**

Indigestion/Gas

- Eat small frequent meals

- Keep body upright for approximately 30 minutes following meals
- Mylanta, Maalox, Tums (liquid or chewable)
- Mylicon chewable tablets
- GasX, Phazyme

Nausea/Vomiting

- Hot tea, crackers, Sprite, Gaterade, Ginger Ale
- Vitamin B6 (50-100mg daily)

Cramping

- Pelvic tilts
- Apply heat
- Tylenol, Tylenol extra strength
- Ibuprofen, Advil, Motrin, Aleve
- Rest

Swelling

- Decrease salt intake (pork, chips, Mexican food, food from cans, bags or boxes)

Acid Reflux

- Pepcid
- Zantac