

7. Anti-fungal Treatment

Indication: Treatment of yeast infection or thrush

- **Clotrimazole Cream** (Canesten®)
Women using topical medications must wipe any remaining medication they can see off their nipples before each feeding and reapply them after each feeding.
- **Fluconazole Capsule**



Potential side effects in nursing mother:
Headache



Signs of adverse effects in breastfed baby:
Diarrhoea

8. Haemorrhoids (piles) treatment

Indication: Treatment of haemorrhoids (piles)

- **Zinc oxide, bismuth subgallate, balsam peru, bismuth oxide** (Anusol® ointment, Anusol® suppository)
- **Fluocortolone, lignocaine** (Ultraproct N® cream, Ultraproct N® suppository)



Potential side effects in nursing mother:
Skin irritation, burning sensation



Signs of adverse effects in breastfed baby:
No reported adverse effect

Always ask before taking any medicine!

While most medications are safe to take during breastfeeding, they can potentially affect the amount of breastmilk produced. For example, combined estrogen/progesterone birth control pills may decrease the amount of milk your body produces, whereas progesterone-only birth control pills are less likely to affect milk supply, and may be preferable for breastfeeding mothers. Over-the-counter decongestants that contain pseudoephedrine (Sudafed®) can also decrease milk supply. Therefore, **ALWAYS CONSULT YOUR DOCTOR OR PHARMACIST whether a particular medicine is safe for your baby while you are breastfeeding.**

References

1. British National Formulary (BNF) 76 2, Drugs in Pregnancy and Lactation (11th edition)
3. UptoDate 4, Summary of product characteristics (SPC) 5, Royal College of Obstetricians and Gynaecologists (RCOG), *2018 RCOG Scientific Impact Paper No. 59.*



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Medication Use During Breastfeeding

Information about taking medicines
while breastfeeding



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Most medicines may appear in breastmilk in small amounts. Therefore, before taking any medicine while breastfeeding, do check with your doctor if it is suitable for you or if you can continue breastfeeding. In this brochure you will find information on the most common medicines used after childbirth.

Common types of medicines prescribed after giving birth include:

1. Painkillers

Indication: Pain management after childbirth


- **Paracetamol** (Panadol®)

Paracetamol is considered the painkiller of choice for breastfeeding women as the quantity of drug that passes into breastmilk is very small and the risk to a breastfed baby is low.

- **Non-steroidal Anti-inflammatory Drugs (NSAIDs)**


e.g. Diclofenac (Voltaren®), Ibuprofen (Nurofen®)
Ibuprofen and diclofenac have been used extensively for breastfeeding women. Of the two, ibuprofen is the preferred choice as only very small quantities appear to be excreted into breastmilk. Diclofenac is also considered acceptable during breastfeeding.


 **Potential side effects in nursing mother:**
Heartburn, indigestion, abdominal discomfort

 **Signs of adverse effects in breastfed baby:**
No reported adverse effect

- **Opioids** e.g. Tramadol (Tramal®), Dihydrocodeine (DF118®), Oxycodone (OxyNorm®)

If you experience more severe pain, your doctor may prescribe a class of painkiller called opioids. You should use opioids at the lowest effective dose for the shortest period of time. Parent/carer needs to monitor baby for signs of opioids adverse effects and seek medical advice if any opioid adverse effect develops.


 **Potential side effects in nursing mother:**
Drowsiness, headache, dizziness, nausea, vomiting, constipation, itchiness


 **Signs of adverse effects in breastfed baby:**
Decreased feeding, breathing problems, excessive sedation, constipation

2. Antibiotics

Indication: Prevention of infection after childbirth

- **Amoxicillin/clavulanate** (Augmentin®)
- **Cefuroxime** (Zinnat®)
- **Clarithromycin** (Klacid®)
- **Metronidazole** (Flagyl®) – can make your breastmilk taste bitter
- **Clindamycin** (Dalacin®)


 **Potential side effects in nursing mother:**
Rash, diarrhoea, nausea, abdominal pain


 **Signs of adverse effects in breastfed baby:**
Rash, diarrhoea, thrush

3. Laxatives

Indication: Relief of constipation

- **Lactulose** (Danilax®)
- **Glycerin suppository**


 **Potential side effects in nursing mother:**
Abdominal cramps, abdominal distention, diarrhoea


 **Signs of adverse effects in breastfed baby:**
No reported adverse effect

4. Antihistamines

Indication: Relief of itch and rash associated with anaesthesia

- **Chlorpheniramine** (Piriton®, Antamin®)


 **Potential side effects in nursing mother:**
Drowsiness, dry mouth

 **Signs of adverse effects in breastfed baby:**
No reported adverse effect

5. Anti-hypertensives

Indication: Lowering of blood pressure

- **Nifedipine** (Adalat®, Adalat GITS®, Adalat Retard®)
- **Labetalol** (Trandate®)


 **Potential side effects in nursing mother:**
Flushing, dizziness, headache


 **Signs of adverse effects in breastfed baby:**
No reported adverse effect

6. Iron supplement

Indication: Treatment of iron deficiency

- **Iron polymaltose complex** (Ferrum Hausmann®)

 **Potential side effects in nursing mother:**
Constipation, diarrhoea, nausea

 **Signs of adverse effects in breastfed baby:**
No reported adverse effect