

# Safe Medications while Breastfeeding

(Please note this is not an exhaustive list)

## Over the Counter Medications:

### Acne

- Benzoyl Peroxide
- Salicylic Acid

### Allergies/Anti-histamines

- Zyrtec\*
- Allegra\*
- Flonase
- Nasacort
- Afrin
- Plain Saline
- Claritin\*
- Benadryl\*

### Antifungals

- Miconazole 3 or 7 (Monistat)
- Lotrimin

### Cold/Nasal Congestion and Cough

- Sudafed\*
- Emergen-C
- Throat Lozenges
- Ocean Nasal Spray

### Constipation

- Senokot
- Senna-S
- Citrucel
- MiraLAX
- Milk of Magnesia
- Colace (Docusate Sodium)
- Metamucil or Wafer

### Diarrhea/Gas

- Imodium
- Simethicone

### Heart Burn

- Maalox
- Mylanta
- TUMS
- Ranitidine (Zantac)
- Omeprazole (Prilosec)
- Famotidine (Pepcid)

### Hemorrhoids

- Preparation H
- Anusol HC or Plain
- TUCKS Pads

### Pain

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)

### Skin

- Hydrocortisone 1% cream
- Calamine
- Aveeno Oatmeal Bath

\*May cause decreased milk production

## Prescription Medications

### Contraception

- Progesterone only pills
- IUDs (Intrauterine Devices)
- Nexplanon
- Depo Provera

### Antidepressants/Antianxiety

- Sertraline (Zoloft)
- Escitalopram (Lexapro)
- Trazodone
- Paxil (Paroxetine)
- Nortriptyline
- Imipramine

### Antifungals

- Fluconazole (Diflucan)
- Nystatin

### Antibiotics

- Augmentin
- Azithromycin
- Cephalexin
- Dicloxacillin
- Erythromycin
- Keflex
- Macrobid
- Metronidazole (Flagyl)
- Metronidazole Vaginal (Metrogel)
- Penicillin (and all Penicillin family)

### Nausea

- Please discuss with your provider

### Pain

- Please discuss with your provider

### Skin

- Mantoux
- APNO (All Purpose Nipple Ointment)
- Steroid Ointments (Clobetasol, Triamcinolone, Mometasone, hydrocortisone 2.5%, Betamethasone)
- Vaginal Estrogen

### Antivirals

- Acyclovir
- Valacyclovir (Valtrex)
- Zovirax
- Oseltamivir (Tamiflu)