Dr. Thomas W. Hale and Dr. Kaytlin Krutsch have performed extensive research on the effects of medications in mother’s milk. They have given each medication a rating from Safest (L1) to Hazardous (L5).

**L1 SAFEST:** Multiple studies demonstrating no adverse effects on infant

**L2 SAFER:** Limited studies done without an increase in adverse effects on infant

**L3 PROBABLY SAFE:** No controlled studies, risk to infant is possible

**L4 POSSIBLY HAZARDOUS:** Positive evidence of risk to infant or milk production

**L5 HAZARDOUS:** Significant and documented risk to infant, contraindicated

Call the InfantRisk Center with any questions about medications and breastfeeding.
1-806-352-2519 (M-F 8am-5pm CST)
Infantrisk.com

**PAIN RELIEVERS:**
- Tylenol (Acetaminophen) L1
- Advil, Motrin (Ibuprofen) L1
- Limited aspirin (81-325 mg per day) L2

**ANTIBIOTIC/ANTIFUNGAL MEDS:**
- Diflucan (Fluconazole) L2
- Monistat (Micronazole) L2
- Penicillins (Amoxicillin, Ampicillin) L1
- Cephalosporins (Keflex, Ominicef, Rocephin, Ceftin) L1

**COUGH/COLD/ALLERGIES:**

**Antihistamines:**
- Claritin, Alavert (Loratadine) L1
- Allegra (Fexofenadine) L2
- Zyrtec (Cetirizine) L2
- Benadryl (Diphenhydramine) L2

**Decongestants:**
- Afrin Nasay Spray (Oxymetazoline) L3 – limit to 3 days
  AVOID pseudoephedrine (may decrease milk supply)

**Steroid:**
- Medrol dose pack (Methylprednisolone), Oral Prednisone (<40mg/day) L2
- Kenalog shot (Triamcinolone) L3
- Rhinocort Nasal Spray (Budesonide) L1
- Other Nasal Sprays (Flonase, Nasacort, Nasonex) L3

**Cough:**
- Sore Throat Spray (Benzocaine) L2
- Cough Drops (limit Menthol)
- Mucinex (Guaifenesin) L2
- Robitussin DM (Dextromethorphan) L3
  AVOID Benzonatate (L4)

**BIRTH CONTROL:**
- Progestin only when establishing milk supply
  Mini Pill, Mirena (L3); After oral trials: Depo-Provera, Implanon (L4)
- Emergency Contraception
  Plan B (Levonorgestrel) L2, withhold breastfeeding for 8 hours

**GI MEDS:**
- Pepcid (Famotidine) L1
- Tagamet (Cimetidine) L1
- Colace (Docusate) L2
- Imodium (Ioperamide) L2
  Limit Pepto-Bismol L3

**ANTIDEPRESSANTS:**
- SSRI’s (Zoloft (sertraline), Paxil (Paroxetine), Lexapro (Escitalopram), etc) L2
- Buproprion (Wellbutrin) L3

Scan to download MommyMeds

As always, please consult your health care professional about what is best for you and your baby.