

Trash the Pump and Dump!



Very few situations require moms to interrupt breastfeeding, discard their breastmilk, or stop breastfeeding altogether. Skin creams/gels, eye drops, hair dyes, botox and fillers, lasers, facial peels and retin-A, teeth whitening, tattoos, numbing medications for dental work, acupuncture, and reasonable caffeine and alcohol consumption is safe with breastfeeding. Surgery, colonoscopies, anesthesia, and most radiology tests and medications are safe. Travel and airport security scans are safe. Breastfeeding should not be interrupted with Covid-19 infection or other viral illness. Exceptions include herpes on the breast, in which you should pump and discard milk until lesions develop scabs. Vaccines are safe, except smallpox and yellow fever. Marijuana and recreational drugs are *not* safe.

MEDICATIONS

General principles

- Most medications, including antibiotics, are safe during lactation. The exception list is extremely short and includes codeine, tramadol, chemotherapeutic agents, 1-131, statins, amiodarone, tetracyclines if used > 3 weeks, some novel oral anticoagulants, phenindione, and recreational drugs.
- Avoid medications that decrease milk production, such as estrogen-containing birth control pills, decongestants, sedating antihistamines, bromocriptine, and cabergoline

Resources

- LactMed (National Institute of Health Toxnet medications and lactation database): <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
- 'Medications and Mother's Milk' by Dr. Thomas Hale. Online at Medsmilk.com
- Infant Risk Center Physician hotline (research center for medication safety during pregnancy and lactation): +1-806-352-2519, infantrisk.com
- e-lactancia (a comprehensive medication and herbal medicine database, in English and Spanish): e-lactancia.org
- Organization of Teratology Information Specialists (information on medications during pregnancy and lactation, with free online chats and phone calls): mothertobaby.org

RADIOLOGY AND NUCLEAR MEDICINE

General principles

- No interruption of breastfeeding is required for X-ray, CT scan with iodinated intravenous contrast, or MRI with gadolinium-based contrast
- Nuclear medicine study recommendations most often do not require interruption of breastfeeding; iodine-based compounds are an exception and most often do require interruption and/or cessation
- PET CT requires separation of the mother-baby dyad for 12 hours, but the milk itself is safe
- Diagnostic and screening mammography is safe

Resources

- American College of Radiology 'ACR Manual on Contrast Media' Version 10.3 2017: Chapter 19, Administration of Contrast Media to Women who are Breast-Feeding, page 102-3
- Nuclear Regulatory Commission Regulation of Nuclear Medicine 'Guide for Diagnostic Nuclear Medicine' Chapter 2.4.1: Radionuclides in Pregnancy and Breast-Feeding, page 4
- The International Commission on Radiological Protection 'Radiation Dose to Patients from Radiopharmaceuticals' Addendum 3 to ICRP Publication 53. ICRP Publication 106, 2008: Annex D, Recommendations on Breast-feeding Interruptions
- Mettler, Fred: 'Essentials of Nuclear Medicine Imaging', 6th Edition, Appendix G: Pregnancy and Breastfeeding
- American College of Radiology, Imaging of Pregnant and Lactating Women 2018

ANESTHESIA AND ANALGESIA

General principles

- Mothers with healthy term or older infants generally can resume breastfeeding as soon as they are awake, stable, and alert after anesthesia. Normal mentation indicates that medications have redistributed from the plasma and milk compartment.
- Opioids do transfer into breastmilk and may cause infant sedation or apnea, but judicious use for short periods is safe
 - IV: Due to poor oral bioavailability, Morphine and hydromorphone (Dilaudid), are preferred over other opioids
 - PO: Hydrocodone (Vicodin, Norco) is preferred
- Avoid tramadol and codeine. Some mothers are ultra-rapid metabolizers of these medications, increasing the risk of over-sedation of the infant

Resources

- Academy of Breastfeeding Medicine Clinical Protocol #15: Analgesia and Anesthesia for the Breastfeeding Mother, Revised 2017: <https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/15-analgesia-and-anesthesia-protocol-english.pdf>
- Food and Drug Administration Use of Codeine and Tramadol Products in Breastfeeding Women April 2017- <https://www.fda.gov/Drugs/DrugSafety/ucm118113.htm>