

## Donating Breastmilk and Taking Medication

Potential donor mothers are screened to establish any medication which she is taking, or medical treatment she is having that may prevent her being eligible to donate milk, although she may be able to take this medication whilst feeding her own fit, term baby.

It is important that recipient babies, who may be very premature or ill, are not exposed to any drug through donated milk as it may interact with medication that they are being given directly or affect their medical condition, eg. by causing drowsiness or diarrhoea.

### Drugs which **MAY** be used by a mother who is donating breastmilk

▶ Paracetamol
▶ Progesterone only contraceptive pill, depot injections or IUD
▶ Asthma inhalers – both preventative inhalers, eg. beclomethasone or relievers, eg. salbutamol
▶ Insulin for type 1 diabetic mothers
▶ Levothyroxine
▶ Loratadine or Cetirizine as medication for hay fever
▶ Nasal sprays and drops to treat colds, eg. xylometazoline
▶ Simple linctus for coughs
▶ Beconase
▶ Nasal sprays or eye drops for hay fever, eg. sodium cromoglycate
▶ Loperamide
▶ Cough mixtures which do not cause drowsiness or contain decongestants
▶ Moisturisers for eczema
▶ Folic acid
▶ Vitamins
▶ Hepatitis vaccine
▶ Anti D
▶ Flouride tablets
▶ Probiotics
▶ Magnesium and Zinc

## Drugs which should NOT be taken by a mother donating breastmilk but which are safe for her to continue to breastfeed her own baby

- ▶ Mothers who smoke or are currently using nicotine replacement
  - ▶ Antibiotics
  - ▶ Ibuprofen and other painkillers
  - ▶ Drugs to treat most conditions, see [www.breastfeedingnetwork.org.uk/drugs-in-breastmilk-information-and-factsheets.html](http://www.breastfeedingnetwork.org.uk/drugs-in-breastmilk-information-and-factsheets.html)
  - ▶ Aspirin containing products
  - ▶ Chlorpheniramine
  - ▶ Codeine and any medications that include codeine
  - ▶ Baclofen
  - ▶ Sleeping tablets
  - ▶ Sedatives
  - ▶ Domperidone
  - ▶ Tramadol
  - ▶ Antibiotics
  - ▶ Anti-hypertensives
  - ▶ Anti-depressants
  - ▶ Propothiouracil, Carbimazole to treat over active thyroid gland
  - ▶ Mesalazine
  - ▶ Metformin
  - ▶ Anti-coagulant medication clexane (enoxaparin)
  - ▶ Prednisolone
- Herbs which should not be taken whilst donating
- ▶ Fenugreek
  - ▶ St John's Wort
  - ▶ Ginkgo biloba

Source: [www.ukamb.org](http://www.ukamb.org)