



While many medications are safe to use when you are breastfeeding, some drugs may affect your milk supply or possibly be harmful to your infant. Below, is a handy list of commonly used medications that are usually safe in typical doses while breastfeeding. If you are taking a medication that is not on this list, please do not hesitate to speak to your pediatrician or obstetrician for further guidance.

Name of Drug	Use
Acetaminophen (Tylenol)	Used for pain relief
Acyclovir and Valacyclovir (Zovirax, Valtrex)	Antiviral for herpes infections
Antacids (Maalox, Mylanta)	Used to treat upset stomachs
Caffeine (up to 3 drinks/day)	A stimulant
Cephalosporins (ie. Keflex, Cefdinir, Suprax)	Antibiotics used to treat infections
Cetirizine (Zyrtec)	Used to treat allergies
Clotrimazole	Used to treat yeast and fungal infections
Contraceptives (Progestin-only such as Depo)	Used for birth control
Corticosteroids (Prednisone)	Used to treat inflammation and other conditions
Decongestant nasal sprays (Afrin)	Used to treat nasal congestion
Digoxin	Used to treat heart conditions
Erythromycin	Antibiotic used to treat infections
Fexofenadine (Allegra)	Used for allergies
Fluconazole (Diflucan)	Used to treat yeast and fungal infections
Heparin	Used to keep blood from clotting
Ibuprofen (Motrin, Advil)	Used for pain relief
Inhalers (bronchodilators and corticosteroids)	Used for asthma
Insulin	Used for diabetes
Laxatives (bulk-forming and stool-softening)	Used to treat constipation
Loratadine (Claritin)	Used for allergies
Methyldopa	Used to treat hypertension
Metoprolol	Used to treat hypertension
Nifedipine	Used to treat hypertension
Penicillins	Antibiotic used to treat infections
Propranolol	Used to treat heart problems and hypertension
Tretinoin (Retin-A)	Cream used to treat acne
Thyroid replacement (Synthroid)	Used to treat thyroid problems
Verapamil	Used to treat hypertension