**Cold Remedies/Medications for Breastfeeding Moms**

* It is OK to continue nursing when you have a cold. You are passing your antibodies on to your infant, not the virus. Use good hand washing. Make sure others who care for your infant have had their Flu and Tdap (whooping cough) vaccines.
* Generally, throat sprays, lozenges and cough drops are considered safe, except those with menthol and phenol. (Which may lower your milk supply).
* It is better to take single active ingredients. Mucinex / Guaifenesin, medications with pseudoephedrine (Sudafed), Phenylephrine and antihistamines (Benadryl) can decrease milk supply and antihistamines can cause drowsiness, especially in younger infants.
* It is better to take medicines right after you nurse, and even better if there is a long interval between nursing. Taking a short acting medicine rather than a time released or once a day medicine is preferred (6 hours or less).

**Analgesics/ Natural that are safe to take while breastfeeding**:

Tylenol

Motrin or Ibuprofen

Cool Mist humidifier

Sleep elevated (mom)

Rest

Drink lots of water

Garlic supplements

Vitamin C

Nasal Saline

Spray (only saline for ingredient)

**Cornerstone Lactation Services**

**Savannah Pressley, IBCLC**

[**www.cornerstonepediatrics.org**](http://www.cornerstonepediatrics.org) **🏵 (919) 460-0993**