

# Over-the-Counter Medications

## DURING Breastfeeding

### CONGESTION/ALLERGIES

#### General treatments

- Use a humidifier
- Get plenty of rest
- Drink plenty of fluids

#### Medical treatments

- Saline nasal spray
- Afrin nasal spray
- Allegra
- Claritin
- Zyrtec
- Benadryl\*
- Mucinex\*

**\*Use with additional caution;  
increase fluid intake**

#### Avoid

- Pseudoephedrine (milk suppression)
- High-dose zinc

### CONSTIPATION

#### General treatments

- Eat more bulk and bran
- Eat more fresh fruits & vegetables
- Drink plenty of fluids

#### Medical treatments

- Durolax
- Metamucil
- Surfak

### COUGH

- Robitussin
- Cough drops or throat lozenges

### DIARRHEA

- Imodium AD
- Kaopectate

### NAUSEA & VOMITING

- Dramamine

### HEADACHES & MILD PAIN

- Aleve
- Motrin
- Tylenol

### HEARTBURN & INDIGESTION

#### General treatments

- Eat more frequent, smaller meals
- Don't sleep laying flat
- Prop your head up when lying down
- Don't go to bed right after eating

#### Medical treatments

- Liquid antacids are more effective than tablets
- Mylanta
- Tums
- Pepcid AC
- Prilosec OTC

**PLEASE CALL Women's Health at 325.481.6326 if you have any questions or concerns regarding over-the-counter or prescription medications.**

*Information from "Medications and Mothers' Milk" Fourteenth Edition, Tomas W. Hale, PhD*