Some drugs should not be taken while breastfeeding. The following list contains medications that are recommended only as needed by your physician. If you have any questions, you should call and schedule a consultation with your healthcare provider.

**Safe over-the-counter medications:**

**Medications to avoid:**

<table>
<thead>
<tr>
<th>Pain Medications:</th>
<th>AVOID:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ibuprofen (Motrin, Advil), Acetaminophen (Tylenol, Extra Strength Tylenol)</td>
<td>Naproxen (Aleve)</td>
</tr>
<tr>
<td></td>
<td>Aspirin</td>
</tr>
<tr>
<td></td>
<td>Azo (For urinary pain)</td>
</tr>
</tbody>
</table>

**Antacids:**

Mylanta, Maalox, TUMS, Gaviscon

**AVOID:**

Alka-Seltzer
Pepto-Bismol

**Anti-Ulcer, Indigestion, GERD:**

Loratadine (Claritin), Fexofenadine (Allegra)

**AVOID:**

Claritin-D, Allegra-D, Zyrtec, Zyrtec-D, Chlorpheniramine, Diphenhydramine/Benadryl

**Cough:**

Dextromethorphan (Robitussin DM, Benylin, Delsym, Robitussin Cough, Vicks 44 Cough)

**AVOID:**

Cough syrups with high alcohol content (Nyquil), Products that contain an antihistamine (Mucinex-D, Dimetapp cold and cough, Robitussin CF, Triaminic products)

**Constipation:**

Stool Softener/Docusate (Colace, Surfak) Laxatives (Fleets enema, glycerin suppositories, Senna, Senokot, Dulcolax, Correctol) ---Not For Prolonged Use---

**Nasal Decongestants/ Sprays**

Cromolyn (Nasalcrom) Saline Sprays, rinses, drops (Sea Mist, NaSal, Ocean, Netti Pot) --MIX SALINE WITH STERILE WATER ONLY-- Oxymetazoline (Afrin, Dristan 12 Hour Nasal) --DO NOT USE FOR MORE THAN 3 DAYS!--

**AVOID:**

Phenylephrine (Vicks, Sinex, Neo-Synephrine nasal sprays)

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**INFLUENZA VACCINE IS RECOMMENDED YEARLY FOR BREASTFEEDING MOTHERS**