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BREASTFEEDING AND MEDICATIONS/DRUGS

Congratulations on the birth of your new baby! The choice of how to feed your new baby is a very important one. Breastfeeding your new baby has many benefits for you and your new baby.

Sometimes, though, breastfeeding may not be the best option for your baby.

1. Certain medicines that you need may not be safe for your new baby. Let your doctor, your nurse, or your baby's doctor know all the medications that you are taking.

2. If you use marijuana:

Some research has raised concern about the possibility of developmental problems in babies exposed to marijuana during pregnancy and breastfeeding. Therefore, you should not use marijuana while breastfeeding.

3. If you are using prescription pain medications that have NOT been prescribed to you (medications such as Vicodin, Percocet, methadone, or Subutex):

These medicines can go to your baby through your breast milk and can lead to withdrawal in your baby. This can lead to longer hospitalization. If these medications are not prescribed to you, the amount of these medications in your breast milk can vary and may lead to worse withdrawal in your baby. Formula feeding is recommended in this situation and formula feeds will be provided to your baby in the hospital.

4. If you use any other illegal drugs, such as cocaine, amphetamines (speed, meth), or heroin:

Feeding your baby formula is recommended in these situations and formula feeding will be provided in the hospital.

5. Alcohol:

Alcohol can pass through your breast milk to your baby. Please do not drink more than 1 glass of wine or 2 beers per day. Wait 90-120 minutes after drinking alcohol before breastfeeding your baby. Alternatively, you can discard any breast milk that you pump during the 90-120 minutes after you drink alcohol.

6. Tobacco (cigarettes, cigars):

Exposure to secondhand smoke is known to increase your baby's risk of death from SIDS. Therefore, please do not allow your baby to be exposed to tobacco smoke.