

# ALCOHOL USE DURING LACTATION



## Guidelines for Safe Use While Breastfeeding

### CASUAL USE OF ALCOHOL



- 5 oz (148ml) of wine
- 12 oz (360ml) of beer
- 1.5 oz (45ml) of spirits



Up to 1  
drink per day

1 drink per day is unlikely to cause any short- or long-term problems in a human milk-fed infant.

However, more than 2 drinks per day can negatively affect infant's development, possibly causing agitation, sedation, poor sleep, or insufficient weight gain.



### TIMING & MILK ALCOHOL LEVELS

- Highest alcohol levels in milk occur 30-50 minutes after drinking.
- The lactating parent can decrease alcohol in their milk by eating while drinking, and waiting 2 hours per drink before infant feeding.
- Pumping and Dumping is not recommended. If uncertain, Pump and Save, and ask a lactation specialist!
- Breastfeeding before consuming alcohol prevents infant alcohol exposure.



### IMPACT ON MILK PRODUCTION

- Alcohol decreases milk production, with 5 drinks or more, decreasing milk letdown and disrupting direct feeding until the parent's alcohol levels decline.
- The blood alcohol level closely parallels the milk alcohol level. As the blood alcohol level goes down, so does milk alcohol.