



IABLE

Institute of the Advancement of
Breastfeeding & Lactation Education

Medications During Lactation

Most medications are safe during lactation. Therefore, it is unlikely that a lactating parent needs to 'pump and dump' or to wean for treatment of medical problems. The most common form of treatment that likely requires weaning is cancer chemotherapy.

Below are several free, web-based resources on using medications during lactation:

Resource name	What is it?	How do I contact them?
LactMed	The US National Institute of Health Drugs & Lactation Database	https://www.ncbi.nlm.nih.gov/books/NBK501922/
Dr. Thomas Hale's Infant Risk Center Physician hotline	A research center for medication safety during pregnancy and lactation	(806) 352-2519 No answering machine. If busy or no answer, you will need to call back. Only open during regular business hours. You may also explore their Infant Risk website for info. www.infantrisk.com
E-lactancia	A comprehensive medication and herbal medicine database in Spain, available in English and Spanish	http://e-lactancia.org/
Organization of Teratology Information Specialists	Information on medications during pregnancy and lactation. They offer free online chats and phone calls for families and health professionals.	www.Mothertobaby.org
Trash The Pump and Dump	A website and app by IABLE that describes the safety of medications and substances during lactation	Trashthepumpanddump.org