

美國小兒科醫學會建議哺乳期之用藥 Medication recommended by American Academy of Pediatrics during breastfeeding period

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1. You are allowed to take medication during breastfeeding, but choose those with lower risks:

- (1) Antipyretic analgesics, non-steroidal anti-inflammatory painkillers, antibiotics, vaccines, developers, narcotic drugs, antidepressants, antihypertensive drugs, antiviral drugs, muscle relaxants, anti-epileptic drugs, cardiac stimulants, anti-TB drugs, thyroxine, anti-thyroid drugs, Xylometazoline, potassium-sparing diuretics, and anticoagulants.
- (2) As the concentration of anxiolytics and antidepressants, etc. in milk is very low, there are only a few cases they have caused discomfort in babies. While using them long-term, pay attention to their impact on the baby's central nervous system.
- (3) Local anesthesia is safe to use as it will not be absorbed by the baby's gastrointestinal tract.
- (4) Like other drugs, general anesthesia is unlikely to cause any impact to babies. As its half-life is very short, you can breastfeed immediately after awakening.
- (5) Almost all external dermatologic agents, inhaled medication (such as asthma medication) or nasal spray, and eye used drugs are regarded as safe drugs.

2. Drugs that you should avoid while breastfeeding:

- (1) Penicillin: As it likely to cause allergies, please handle it with care.
- (2) Sulfonamides: More obvious to cause harms to kernicterus, hemolysis and favism patients.
- (3) Tetracycline: It will cause permanent dental coloring and hinder bone development.
- (4) Chloramphenicol: It may cause bone marrow suppression and aplastic anemi.
- (5) Metronidazole: It may cause birth defects and mutations.
- (6) Alcohol: It will cause respiratory depression and weak pulse in babies.
- (7) Nicotine: It will cause shock, vomiting, diarrhea, respiratory diseases and sudden death in babies
- (8) Caffeine: It will cause restlessness and weight loss in babies.
- (9) Long-acting antidepressant fluoxetine: It will cause long-term drug action.

3. Drugs that should never be taken:

Anticancer drugs, radiation therapy drugs, Cyclosporin (immunosuppressive), Mysoline (epilepsy), Parlodel (Parkinson), Ergotamine (migraine), lithium salt (mania), cocaine, heroin, marijuana, amphetamines and nicotine.

Is it alright for women with breast augmentation to breastfeed their babies?

1. Silicone and saline bag are common materials used in breast augmentation.
2. Currently, scientific studies have found no evidence to indicate that the silicon polymer is harmful to human body.
3. The silicon content of silicon element found in milk and formula milk is even higher than the milk from mothers with breast augmentation. Therefore, mothers with breast augmentation can still breastfeed their babies.