

婦女哺乳用藥安全

Medication safety for breastfeeding Mothers

Any kind of substances taken by mothers may get in the milk. Therefore, while taking medication, in addition to consider whether or not the babies may also consume the medicines in milk, mothers should also take into account the overall impacts on their babies, mother themselves, families and the society if they stop breastfeeding.

The myths in breastfeeding stoppage while mothers are sick

1. The medication intake of babies depends on their daily milk feeding amount, gastrointestinal function and milk feeding time.
2. You may opt for breastfeeding before taking medication or preparing milk, or temporarily suspend the intake of drugs.
 - (1)The concentration of drug reaches its highest after 1-3 hours taking it.
 - (2)It is relatively safe to breastfeed 6 hours after taking medication.
 - (3)Consult your physician on the possibility to stop medication.
3. Preservation of breast milk:
 - (1)Can be stored 6-8 hours under room temperature.
 - (2)Can be stored 3-5 days if refrigerated.
 - (3)Can be stored 3-4 months in the freezer.

Breastfeeding Medication Considerations

1. Whether or not it is necessary to take the medication?
2. Select safe drugs.
3. If the medication may affect the babies, you should measure their blood drug concentration.
4. Breastfeed before taking medication to reduce the impact of drugs on babies.

Determining Factors of Drugs Affecting the Babies

1. Natures of the drugs:

Before taking medication, consult your specialist physician or pharmacist. Choose drugs, such as water-soluble drugs, drugs with high protein binding rate, and drugs with short half-life that cannot be absorbed by the gastrointestinal tract easily, and try your best to use single prescribed drugs.



2. Medicine intake dosage and frequency:

It is recommended to take drugs with a low dosage, short half-life and those that will not accumulate in the body. Despite the high medication frequency, they are less likely to distribute to the milk.

3. Avoid taking dangerous drugs:

Some drugs may cause damages to babies even taken in minute quantity. For examples Penicillin and sulfonamides, etc.

4. Contraceptive drugs:

Use condoms or birth control pills containing only progestin.