

Breastfeeding and Medication

ENDOSCOPY EXAMINATIONS

Do you have to undergo an endoscopic examination?

In the vast majority of cases, breastfeeding can resume thereafter.

Endoscopy allows us to visualize the interior of different body ducts using a flexible tube equipped with a camera called an endoscope. For example, **colonoscopy** explores the colon, **gastroscopy** the esophagus, stomach and duodenum, **bronchoscopy** the bronchi, cystoscopy the bladder, **hysteroscopy** the uterus and **endoscopic retrograde cholangiopancreatography (ERCP)** the bile ducts. These examinations are usually of short duration but uncomfortable, hence the mild sedation you will receive.

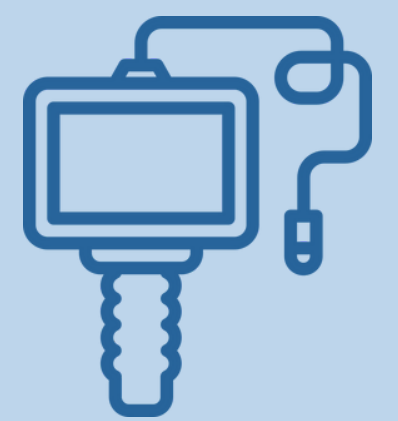
Colonoscopy

It requires that the colon be "clean", evacuated of stools and residues. A low residue diet and a laxative preparation are then prescribed. The laxative products used are compatible with breastfeeding.

Keep yourself well hydrated throughout the process. It is advisable that a third party be available to care for your child during the colonic purgation and during and after the examination.

Discuss the following with your treating team:

- Inform them that you want to breastfeed your child after the procedure
- Ask about the usual length of the procedure and recovery room stay



You can breastfeed as soon as you are fully awake after an endoscopy performed under sedation and analgesia.

It is safe to avoid sharing the bed with your baby for the next few hours and night.

Midazolam, fentanyl, or propofol are compatible with breastfeeding. Because safer alternatives exist, diazepam and meperidine should not be used, but if a dose is given, breastfeeding does not have to be suspended or the milk expressed and discarded.



REFERENCES :

- <https://www.lavalensante.com/soins-et-services/liste-des-soins-et-services/endoscopie/>
- <https://www.breastfeedingnetwork.org.uk/wp-content/dibm/2019-09/Endoscopy%20and%20Breastfeeding.pdf>
- <https://associationofanaesthetists-publications.onlinelibrary.wiley.com/doi/epdf/10.1111/anae.15179>
- <https://www.breastfeedingnetwork.org.uk/wp-content/dibm/2019-09/Colonoscopy%20and%20Breastfeeding%20Mothers.pdf>
- Anderson PO. Laxative and Cathartic Use During Breastfeeding. BREASTFEEDING MEDICINE. 2021; 16(9): 675-7. DOI: 10.1089/bfm.2021.0133

**Nathalie Gagnon,
pharmacist, 2022**