

Breastfeeding and Medication

THE RISKS OF "PUMP AND DUMP"

This recommendation is rarely justified and must be supported by the literature. Risks inherent in this practice include:

If medication is anticipated, to maintain exclusive breastfeeding:

- Risk of oversupply of milk as breastfeeding continues at the same time, which could cause a complication: mastitis, galactocele (milk cyst), breast abscess, etc.
- Risk of stress caused by anticipating and expressing the right amount of milk

Risks for the mother

While taking medication and non-breastfeeding period:

- Causes stress related to: finding a breast pump and accessories, expressing several times a day and finding a method to give it to the baby
- Decreased production because the breast pump expresses less milk than the baby and because stress can affect production
- Insufficient supply of expressed milk
- Nipple injury due to the pump, even with optimal use
- Fatigue due to stress and labor in expressing milk that will be discarded



Return to breastfeeding:

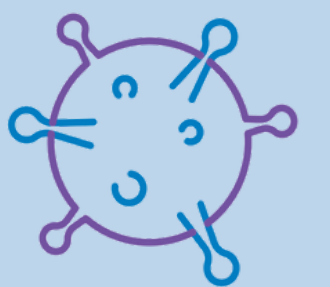
- Stress during the first breastfeeding
- Difficulty in inducing a new lactation
- Risk of nipple/breast injury
- Unwanted cessation of breastfeeding

Risks for the child

- Refusal to feed other than at the breast / insufficient milk (lower caloric intake)
- Difficulty returning to exclusive breastfeeding (no feedings, poor latch, etc.)
- Emotional impact (altered bond, less comfort, possible separation stress, etc.)

If commercial infant formula (CIF) is to be offered to the baby :

- Possible digestive intolerance (crying, constipation, regurgitation, reflux, rash, etc.)
- Modification of the intestinal microbiome



Risks for the dyad and the family

- Economic stress (purchase/rental of breast pump, purchase of CFI, etc.)
- Fatigue from pumping labor and caring for the baby
- Grumpy or anxious baby
- Negative impact on breastfeeding duration and exclusivity
- Premature weaning and grief from breastfeeding

Breast milk provides antibodies and bioactive factors.

Did you receive this advice? Ask your health provider what sources they consulted and if he-she knows the risks.



Shared decision making with families is the most ethical medical practice and takes into account pharmacological principles, research data and family concerns/goals.



REFERENCES :

- <https://trashthepumpanddump.org/the-risks-of-pumping-dumping>
- Petit Nourri-Source, 7e édition and additional Breastfeeding fact sheets (nourri-source.org)

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