

Breastfeeding and Medication

ANESTHESIA

Are you going to have a procedure with analgesia and/or sedation?

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

Plan and Talk with Your Medical Team

Discuss the following with your attending medical team:

- Let them know that you want to breastfeed your child before and after the procedure.
- Ask what is the usual duration of the procedure and of the stay in the recovery room.
- Discuss usual recovery time, pain control and possible restrictions on movement.
- If an IBCLC is available at your care center, ask to see her in pre-admission.



The Day of the Procedure

- Make arrangements with your medical team to breastfeed or express milk before the procedure to avoid engorgement during the procedure.
- Breastfeed as soon as possible or plan to express your milk until you and your child are reunited.
- Adjust the breastfeeding position as needed.

Medications

A very small amount of the drug enters the breast milk and an even smaller is absorbed by the child.

“Usually, you can resume breastfeeding as soon as you regain a level of alertness that allows you to get up. In fact, the return to a normal mental state is the sign that the products have been eliminated from the plasma component (blood) and therefore from the milk component.” *

Since pain can interfere with the milk ejection reflex, it is important to relieve it. Some pain relievers can cause some drowsiness and constipation. Although unlikely, we suggest monitoring for these same effects in the child.

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

Do not hesitate to ask in writing the exact name of the medicine you will be given, to ask questions and to seek clarification from your healthcare providers.

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