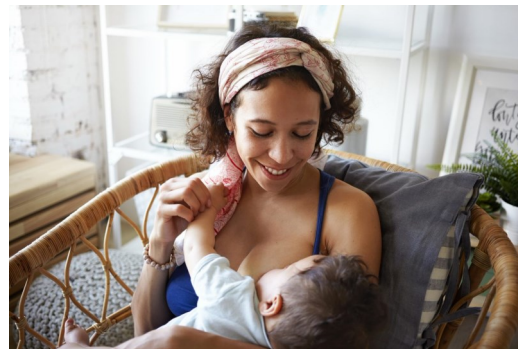
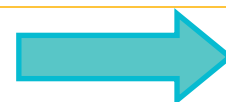


Which medicines are safe to take while breastfeeding?

Use this chart to find out which over the counter medicines are safe to take while you are breastfeeding.



If you have:	You can take:	How to take the medicine:
Fever or mild pain or headache	1.) Tylenol Extra Strength 500mg (Acetaminophen) 2.) Ibuprofen (Motrin IB/Advil) 200mg	1.) Take 2 pills every 4 to 6 hours. Do not take more than 8 pills in 24 hours. 2.) Take 2-4 pills by mouth every 4 to 6 hours. Do not take more than 6 pills in 24 hours. Take with food.
Coughs and colds	1.) Robitussin Mucus and Congestion 200mg (Guaifenesin) 2.) Chlorpheniramine 3.) Mucinex	1.) Take 10-20ml every 4 hours. The bottle cap has a measuring cup so it is easy to see 10-20ml. Don't take more than 6 times in 24 hours. 2.) Take 1 pill every 4 to 6 hours. Do not take more than 6 pills in 24 hours. 3.) Take 1-2 pills every 12 hours as needed. Do not take more than 4 pills in 24 hours. Do not crush, cut, or chew the pill. Take with a large glass of water.
Stuffy nose	1.) Saline spray 2.) Afrin (Azelastine)	1.) 1 spray in each nostril, when needed. 2.) 2 or 3 sprays in each nostril, every 10 to 12 hours. Don't take more than 2 times per day.
Runny nose or Allergies	1.) Visine-A (Naphazoline ophthalmic) 2.) Flonase Allergy Relief <u>For short-term use:</u> 3.) Benadryl 4.) Claritin 5.) Zyrtec 6.) Xyzal	1.) Put 1-2 drops into the eye (eyes) as needed up to 4 times each day. 2.) 1-2 sprays in each nostril daily. Start with 2 sprays per nostril every day for 1 week. Don't take more than 2 times per day. 3.) Benadryl: Take 1 pill every 6 hours. 4.) Claritin: Take a 10mg pill once a day. 5.) Zyrtec: Take a 10mg pill once a day. 6.) Xyzal: Take a 5mg pill once day.



If you have:	You can take:	How to take the medicine:
Heartburn	1.) Pepcid AC 10mg (famotidine)	1.) Take 1-2 pills per day as needed. Take 15-60 minutes before eating to prevent symptoms. Do not take more than 2 pills in 24 hours.
Indigestion	1.) Pepcid AC 10mg (famotidine) 2.) Mylanta	1.) Take 1-2 pills per day as needed. Take 15-60 minutes before eating to prevent symptoms. Do not take more than 2 pills in 24 hours. 2.) Take 10-12mL by mouth as needed. Do not take more than 60mL in 24 hours. Do not take for more than 1 week.
Yeast Infections	1.) Monistat-7 (miconazole-7) and Clotrimazole 1% 2.) Clotrimazole 2%	1.) Put the applicator into the vagina. Slowly press to release the cream. Do this once each day (at bedtime) for 7 days. 2.) Put the applicator into the vagina. Slowly press to release the cream. Do this once each day (at bedtime) for 3 days.
Skin Rashes	1.) Aveeno Anti Itch Concentrated Lotion/Caladryl, 1% Hydrocortisone, A&D ointment (apply as needed)	1.) Apply to affected area of skin as needed up to 4 times per day.
Hemorrhoids	1.) Tucks Wipes 2.) Preparation H 3.) Anusol-HC	1.) Use wipes as needed up to 6 times per day. 2.) Use as needed up to 4 times per day. Use applicator to put the medicine in your rectum. 3.) Apply on the outside 2-4 times per day after a bowel movement (after you poop).

Talk with your CHN provider if you have more questions!