

## Medications Safe in Breastfeeding

Cold/Sinus	DayQuil, AlkaSeltzer Plus, Afrin, Saline Nasal Spray, Mucinex
Cough	Robitussin, Delsym
Headache/Pain	Tylenol, Tylenol Extra Strength, Ibuprofen
Sore Throat	Lozenges, Chloraseptic Spray
Heartburn	Maalox, Tums, Mylanta, Prilosec OTC, Pepcid AC
Nausea	Ginger, Emetrol
Laxative	Metamucil, Citrucel
Stool Softener	Colace, Surfak, Dulcolax, Smooth Move Tea, Milk of Magnesia
Diarrhea	Imodium
Hemorrhoids	Anusol, Preparation H Ointment or Suppositories, Tucks Medicated Pads
Topical Pain Relief	Icy Hot, Ben Gay, Biofreeze

\*Please call your doctor's office before any antihistamine use.

\*\*Please call your doctor's office with a temperature above 100.4 degrees Fahrenheit accompanied by an illness