

Breastfeeding and Opiates

Now, a Health Minute.

It's normal for new moms to experience pain after a vaginal delivery or C-Section. Your healthcare provider may prescribe an opioid medication to relieve the pain. But if you are breast feeding, is it safe to take these medications?

All opioids can pass into your breast milk, but the amount varies based on the drug. It's important for new moms to take the lowest dose needed for pain relief for the shortest amount of time while breastfeeding. This way you can reduce the amount of opioids passing in your breast milk.

While you are taking pain medications, watch your baby for any side effects such as being extra sleepy, especially if you are taking these medications for longer than four days.

Talk to your doctor about choosing the best pain medication for you so you can get relief while safely breastfeeding your baby.