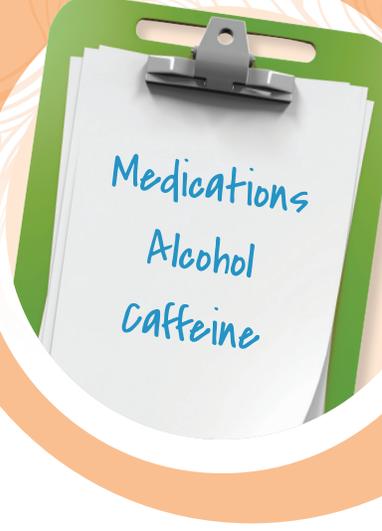


BREASTFEEDING and YOUR LIFESTYLE

You know breastfeeding is good for you and your baby, and you want to provide your milk for your baby! Many mothers have questions, though, about some lifestyle choices.



What About Medications?

- Most medications can be taken while breastfeeding.
- There are alternatives for those medications that may not work with breastfeeding.
- Talk with your health care provider about options that work with breastfeeding.
- An online resource for information about medications and breastfeeding is the NIH database – LactMed. <http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>.

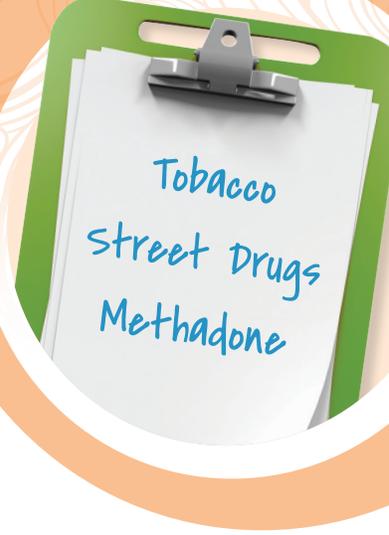
What About Alcohol?

- Moderate alcohol consumption on occasion is okay.
 - Moderate means no more than one drink/day for women of legal drinking age for optimal health.
 - One alcoholic drink equals: 12 fluid ounces of regular beer (5% alcohol), 5 fluid ounces of wine (12% alcohol), or 1.5 fluid ounces of 80 proof distilled spirits (40% alcohol)
- It's best to drink right after your baby feeds to allow time for the alcohol to clear your system before your baby feeds again.
 - It takes about 2 hours for a single serving of alcohol to clear out of your system.
 - There's no need to “pump and dump” after a single drink.
- **Always avoid excessive drinking when caring for your baby, whether you breastfeed or use formula.**

What about Caffeine?

- Caffeine in moderation is generally okay. (up to 3 cups spread out throughout the day).
- If your baby is fussy or wakeful, you may need to consume less caffeine or avoid it until your baby is older.
 - Babies under 6 months may be more sensitive to caffeine because it takes much longer for caffeine to clear out of their system.
- Remember that caffeine can be found in coffee, tea, soda, chocolate, and even some medications.

BREASTFEEDING and YOUR LIFESTYLE



What About Smoking?

- One of the best things you can do for your baby's health and your health is to quit smoking, and to remain smoke-free.
- **If you are going to smoke, it is better to breastfeed than not to breastfeed.**
 - Reduce the amount that you smoke as much as possible.
 - Change your shirt before taking care of baby.
 - Try to smoke outside and avoid smoking in the car.
- Tobacco smoke, including second hand smoke, can increase your baby's risk for many health problems and sudden infant death syndrome (SIDS).
- Many quitting aids are safe for your baby while breastfeeding.
 - Check out the You Quit, Two Quit online resource at <http://youquittwoquit.com/>
 - Seek phone help at QuitLine NC 1-800-QUIT-NOW (1-800-784-8669).
- Talk with your health care provider to learn more.

What About Street Drugs?

- Marijuana, cocaine, heroin, phencyclidine (PCP), and other street drugs should not be used if you breastfeed your baby.
 - These substances pass into your milk easily.
- Use of these drugs, including marijuana, while breastfeeding can cause short and long term problems in your baby's growth, behavior, and development.
- Tetrahydrocannabinol (THC) is the chemical in marijuana that makes you feel "high."
 - THC is stored in body fat and stays in your body for a long time.
 - Your milk has a lot of fat, because fat is good for your baby's brain and body development.
 - THC can stay in your milk for a long time, too. Why does that matter?
 - Your baby's brain or body may store THC from your milk for a long time.
- Your health is important. If you have any concerns about substance abuse, please ask your health care provider for help.

What About Methadone?

- Methadone often is prescribed to help women with heroin or opiate dependence.
- You can breastfeed if you are taking methadone or Buprenorphine.
- Breastfeeding can help babies who are experiencing withdrawal.