

International Conference on

# Pediatric Pharmacology and Therapeutics

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## Breastfeeding and medication

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Despite the belief, over the years, that mothers should stop breastfeeding because they take a particular drug, almost always breastfeeding with a little drug in the milk, is safer than formula feeding. Breastfeeding mother must stop breastfeeding because of a certain drug should ask the physician to make sure. In the rare case, there is a real concern, the breastfeeding mother should ask the physician to prescribe an alternate medication that is acceptable during breastfeeding. Most drugs appear in the milk but usually in tiny, even minuscule amounts. This happens because only the drug that is not attached to protein in the blood can get into the milk.:

- a) They are commonly prescribed for infants
- b) They are considered safe in pregnancy
- c) They are not absorbed from the stomach or intestines
- d) They are not excreted into the milk

Also, medications applied to the skin or inhaled or applied to the eyes or nose is almost always safe for breastfeeding. Drugs for local or regional anesthesia are not absorbed by the baby's stomach and are safe. Also, immunizations given to the breastfeeding mother do not require breastfeeding to be stopped. X-rays and scans do not require a breastfeeding mother to stop breastfeeding for even a second. When the scan with technetium is performed, 30 hours after injection, all of the radioactive material will be gone and mother can breastfeed the baby without concern. However radioactive iodine which is used for thyroid scans will be ingested by the baby and it will go to his thyroid where it will stay for long. A mother should express the milk while not breastfeeding but not throw the milk. The milk can be used in 6-8 weeks.

## Biography

Ioanna Konstantopoulou is graduated from the Medical School in Athens and accomplished her residency in Pediatrics at the second pediatric clinic of the University in Athens. She works in her private medical offices in Athens and on the island of Kythira. Also she works at the "Athens Medical Center" private clinic. Since November 2014 she was nominated as an International Boarded Certified Lactation Consultant. Ever since she has been working on the promotion of Breastfeeding.

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