

# Making Healthy Choices When Breastfeeding

*Welcome to the Women & Children's Center at Wentworth-Douglass Hospital.  
The hospital staff will work closely with you and your obstetrician during your pregnancy.  
Our goal is to provide safe, supportive and comprehensive care for you and your baby.*

Congratulations! If you are reading this information you are considering breastfeeding your baby. Breastfeeding your baby is a wonderful way to bond and feed your baby. However, when making a decision to breastfeed you are accepting the responsibility of making healthy choices.

Making healthy choices when breastfeeding can include caring for yourself, avoiding smoking, eating healthy well balanced meals, and avoiding those things that can affect your baby through your breast milk. What you eat, drink, and smoke can end up in your milk, so it is important to know what you're taking in and passing on to your baby. Medications (over-the-counter and prescription), alcohol, cigarette smoke, and street drugs (including Marijuana) can all pass through to your breast milk. It is important that you only take those medications prescribed by your doctor, and that they are aware at the time they prescribe the medications that you are breastfeeding. Alcohol, cigarette smoking and street drugs (including Marijuana) should be completely avoided when breastfeeding.

Mothers with a history of substance abuse, and are currently in recovery are encouraged to breastfeed. Mothers who have tested positive for drugs of abuse within the last 10 weeks of birth, or who self report taking any illegal substances, including use of controlled substances not prescribed to them will be advised not to breastfeed, unless they commit to abstinence from those substances while breastfeeding.

Medications prescribed to mothers to treat addiction such as Methadone, Suboxone, and Subutex are considered safe/moderately safe for breastfeeding. A complete list of all your medications (prescribed & over-the-counter) should be provided for the lactation consultant to review. Some medications may be safe by themselves but when combined with others, may not be safe to take while breastfeeding.

Please feel free to contact our Lactation Nurses at (603) 740-2233 with any questions you may have.



**Wentworth-Douglass Hospital**

WOMEN & CHILDREN'S CENTER

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