



## Breastfeeding with a cold

It's inevitable. Mom is going to get sick at some point while breast feeding. Good hand washing and avoiding sick contacts are helpful in preventing illness, but not 100% effective. Here are some key points to keep in mind for when you do get sick:

**Rest.** Your body needs it now more than ever. Take naps. Let others help. Have a friend or family member give baby a bottle of expressed breast milk during a feeding so you're able to get some sleep. Don't forget to pump to maintain your milk supply.

**Fluids.** Drink, Drink, Drink. Maintaining good hydration is important for everyone especially while breast feeding. When you're sick fluids can be lost through sweating or from a fever, plus extra fluids help to thin the secretions and mucus you may be dealing with.

**Medications** that are okay to use while breast feeding...

In general, medications should be avoided if possible, but if you need to take something, the following medications are considered safer:

- Acetaminophen (Tylenol) and Ibuprofen (Motrin)      aches/pains or fevers
- Dextromethorphan (Robitussin DM, Delsym)      Cough
- Guaifenesin (Mucinex)      Expectorant

Remember good self care is important, especially when you're sick!

If you have any questions regarding breast feeding while ill, or about breast feeding in general, please call our triage department or schedule an appointment with one of our lactation consultants today at 952-401-8300.