

HUMAN DONOR MILK BANK

Each potential donor mother is screened to establish whether any medication which she is taking, or medical treatment she is having, may prevent her from being eligible to donate milk, (although she may be able to take this medication whilst feeding her own healthy term baby).

It is important that recipient babies, who may be very premature or ill, are not exposed to any drug through donated milk as it may interact with medication that they are being given directly or affect their medical condition, e.g. by causing drowsiness or diarrhoea.

Medications which **MAY** be taken by a mother who is donating breastmilk

▶ Anti D
▶ Asthma Inhalers (both preventers e.g. beclomethasone, budesonide, fluticasone and relievers e.g. salbutamol, salmeterol, formoterol)
▶ Calcium supplements
▶ Cough treatments that do not cause drowsiness e.g. simple linctus, lozenges, nasal sprays, eye drops
▶ Fluoride tablets
▶ Flu- vaccine
▶ Folic Acid
▶ Hepatitis vaccine
▶ Iodine supplements e.g. potassium iodate
▶ Insulin (for Type 1 diabetes)
▶ Iron supplements e.g. ferrous fumarate, ferrous sulphate
▶ Levo-thyroxine
▶ Magnesium
▶ Moisturisers for eczema
▶ Non sedating antihistamines for hayfever e.g. cetirizine and loratadine tablets or beclomethasone, fluticasone or sodium cromoglycate nasal spray
▶ Paracetamol
▶ Progesterone only contraceptives: pill, depot injection or IUD e.g. norethisterone, levonorgestrel
▶ Vitamins at recommended daily doses e.g. Vitamin B, Vitamin C, Vitamin D
▶ Zinc

Donating Breast Milk and Taking Medication

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Medications which **SHOULD NOT** be taken by a mother who is donating breast milk include but are not limited to*

- ▶ Antibiotics
- ▶ Anticoagulants (eg warfarin, rivaroxaban)
- ▶ Antidepressants (eg citalopram, escitalopram, fluoxetine, sertraline, venlafaxine)
- ▶ Antihypertensives (eg. enalapril, labetalol metoprolol, nifedipine)
- ▶ Aspirin
- ▶ Baclofen
- ▶ Diabetes oral medicines (e.g. arcabose, gliclazide, glipizide, metformin, vidagliptin)
- ▶ Domperidone
- ▶ Inflammatory bowel disease medicine, (e.g.adalimumab, mesalazine, olsalazine,sulphasalazine)
- ▶ Medicines for overactive thyroid function (e.g.carbimazole, propylthiouracil)
- ▶ Mood Stabilisers (e.g. lithium, quetiapine)
- ▶ Nicotine containing products (cigarettes, e-cigarettes, gum, lozenges, patches , spray, vape devices)
- ▶ Non-Steroidal Anti Inflammatories (e.g. diclofenac, ibuprofen)
- ▶ Opioid analgesics (e.g. codeine, morphine, tramadol)
- ▶ Sodium valproate
- ▶ Steroids (e.g. dexamethasone, betamethasone, hydrocortisone, prednisone)
- ▶ Sedatives/ Sleeping tablets (e.g. temazepam, zopiclone)
- ▶ Sedating Antihistamines (e.g. chlorpheniramine, promethazine)
- ▶ **Herbal products must be evaluated on an individualised , case by case, basis.**

Source: www.ukamb.org

***Note some of these medications may be safe for a woman to continue to take whilst breastfeeding her own baby. This needs to be assessed on a case by case basis. See www.halemeds.com or Contact the CDHB Medicines Information Service for further advice. +64 3 3640900**