



PREGNANCY AND BREASTFEEDING POCKET GUIDE

Advice on medication and commonly used products



CHU Sainte-Justine
*Mother and Child
University Hospital Center*

For the love of children


Developed by: Chaire pharmaceutique Famille Louis-Boivin
Médicaments, grossesse et allaitement

Université 
de Montréal

This **Pregnancy and Breastfeeding Pocket Guide** is intended for women planning a pregnancy, who are pregnant or are breastfeeding.

The information provided in this booklet should be used as a guide only. It is not meant to suggest any medical course of action. We recommend consulting a healthcare professional at all times.

The trademarks in this booklet are only examples to help you recognize products. Consult your pharmacist to know which products are best for you.



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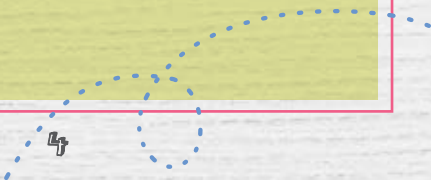
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PREGNANCY

GENERAL TIPS

- For your well-being, take basic precautions such as getting plenty of rest, eating well, having a good oral and dental hygiene, drinking increased amounts of fluids, etc.
- Report any symptoms or discomfort to your health-care professional.
- Some medications are safe to take during pregnancy, while others must be avoided. Talk to your health-care professional.
- If you have a complication-free pregnancy, you may practise light to moderate exercise. It is recommended to always consult your healthcare professional before initiating a new activity.



Zzzzz

NAUSEA AND VOMITING OF PREGNANCY (NVP)

- ✿ Eat small meals even before feeling hungry.
- ✿ Get plenty of rest.
- ✿ The combination of doxylamine and vitamin B₆ (Diclectin®) is the only prescription medication approved by Health Canada for the safe and effective management of NVP. Diclectin® must be taken on a regular basis in order to be effective.
- ⊘ Avoid strong odours.
- 👩 Talk to your healthcare professional about your symptoms and how they affect your daily activities. He/she can recommend or prescribe the right medication to properly treat your nausea or vomiting and prevent further complications.
- 👩 If your symptoms persist, consult your healthcare professional. Consult a physician immediately if you have severe and persistent vomiting, or if you show signs of dehydration (e.g. dry mouth, dark urine).
- ☎ Nausea and Vomiting of Pregnancy Helpline: Motherisk – 1 800 436-8477.


HEARTBURN AND GASTRIC REFLUX

- ✿ Eat light meals.
- ✿ Lift your pillow by 15 cm (approx. 6").
- ⊘ Avoid drinking or eating 3 hours before going to sleep.
- ⊘ Avoid spicy, acid or fatty food, caffeine, tobacco and alcohol.

If these steps are ineffective:

- ✿ Try aluminum hydroxide and magnesium hydroxide (e.g., Maalox[®]), calcium carbonate (e.g., Tums[®]) or alginic compound (e.g., Gaviscon[®]).
 - ✿ Take the antacid about 1 hour after a meal if needed. The effect of antacids lasts about 2 hours, so you may take another dose of the medication 3 hours after the meal.
 - ⚠ Avoid taking antacids with other medication. Take the antacid 2 hours before or after other medication. If you take several drugs, consult a pharmacist.
- 👉 If heartburn persists or if other symptoms appear, such as headache or fever, consult your physician.

PAIN / HEADACHE / BACKACHE

- ✿ Relax and get some rest.
 - ✿ A massage may help you. Regular exercise such as swimming can help prevent backache.
 - ✿ You can take acetaminophen (e.g., Tylenol®, Atasol®) to help relieve your pain.
 - ✿ For aching muscles, you can use triethanolamine salicylate (e.g., Myoflex® regular cream) for a few days. Avoid applying heat at the same time.
-  Consult your physician if pain persists or other symptoms appear.



CONSTIPATION

- ✿ Eat more dietary fibre (e.g., whole-grain bread and cereal, bran, fresh or dried fruit, nuts and vegetables).
- ✿ Stay well hydrated by drinking water.
- ✿ Exercise regularly, according to your physical condition.
- ✿ You may drink prune juice.

If these measures do not help:

- ✿ Take a commercial fibre supplement such as psyllium (e.g., Metamucil[®], Prodiem[®]) or inuline (e.g., Benefibre[®]) or docusate sodium (e.g., Colace[®]) capsules or docusate calcium (e.g., Surfak[®]) every day; they can take up to 72 hours to work.
- ✿ A glycerin suppository can be used if needed after 3 days with no bowel movement; it should work within an hour.

🌀 If constipation persists, see a healthcare professional.



HEMORRHOIDS

- ✿ Prevent constipation by following the tips on the opposite page.
 - ✿ Sleep on the left side, not on the back.
 - ✿ Take lukewarm sitz baths.
 - ✿ Use hamamelis and glycerine compresses (e.g., Tucks®) or a zinc ointment (e.g., Anusol®).
 - ⊘ Avoid remaining standing or sitting for long periods of time.
- 👩 If the above measures do not bring any relief, your physician could recommend a prescription product for you (e.g. Proctofoam-HC®, Anusol-HC®).
- 👩 If bleeding occurs, in any case, consult your physician.

GASTROENTERITIS

- ✿ Stay well hydrated by drinking small amounts of water or a rehydration solution (e.g., Gastrolyte® or Pedialyte®).
- ✿ If you can, eat small meals even before feeling hungry.
- ✿ Get plenty of rest.
- 👉 For a quick relief, other medication such as dimenhydrinate (e.g., Gravol®) can be taken as needed. Consult your pharmacist for dosage.
- 👉 If your symptoms persist, consult your healthcare professional. Consult a physician immediately if you have severe and persistent vomiting, or if you show signs of dehydration (e.g. dry mouth, dark urine), or if you have fever.


SEASONAL ALLERGIES

- ✿ Chlorpheniramine (e.g., Chlor-Tripolon®), diphenhydramine (Benadryl®), loratadine (Claritin®) and cetirizine (Reactine®) are first-line antihistamines for the treatment of allergies during pregnancy.
- ✿ Keep windows in your house and car closed when pollen and mold levels are high (spring and summer for pollen, late summer and fall for mold).
- 🚫 Try to avoid exposure to allergy triggers.
- 👉 If your symptoms persist, talk to your healthcare professional.




COUGH

- ✿ To help eliminate secretions, drink plenty of water.
- ✿ Dextromethorphan syrup (e.g., Balminil® DM, Benylin® DM) can be used to relieve dry cough.


 Consult your physician if your cough persists beyond 3 days, if it is a loose cough with greenish secretions, or if you have fever (oral temperature of 38-38.4 °C for at least 24 hours, or oral temperature at or over 38.5 °C taken twice).

SORE THROAT


- ✿ Gargling with salt water for 15 seconds every hour may help relieve a sore throat:
 - ✿ Add ½ tsp. (2.5 ml) of salt, never more, to 1 cup (250 ml or 8 oz) of cooled boiled water. It is important to use precise measurements.
- ✿ Throat lozenges can be used.
- ✿ Acetaminophen (e.g., Tylenol®, Atasol®) can also relieve a sore throat.

 Consult your physician if you have difficulty swallowing, if your symptoms persist beyond 3 days, or if you have fever (oral temperature of 38-38.4 °C for at least 24 hours, or oral temperature at or over 38.5 °C taken twice).


NASAL CONGESTION AND COLD

- ✿ Use nasal saline solution (e.g., Salinex® or salt water recipe).
 - ✿ Add ½ tsp. (2.5 ml) of salt, never more, to 1 cup (250 ml or 8 oz) of cooled boiled water. It is important to use precise measurements.
 - ✿ If it does not work, use a nasal spray decongestant such as xylometazoline (e.g., Otrivin®) or oxymetazoline (e.g., Dristan® long acting) for a maximum of 3 days. Extended use could aggravate your congestion.
-  If the congestion persists beyond the period of treatment, consult your healthcare professional.

FEVER

- ✿ Acetaminophen (e.g., Tylenol®, Atasol®) can help lower your fever.
-  Oral temperature of 38-38.4 °C for at least 24 hours, or oral temperature at or over 38.5 °C taken twice should be evaluated by your healthcare professional.

VAGINAL INFECTION

-  Always consult your healthcare professional when a vaginal infection is suspected during your pregnancy. He or she will recommend the right treatment for the type of infection you have.



INSECT BITE PREVENTION

- ✿ Wear loose, long-sleeved, light-coloured clothing.
- ✿ Choose products with no more than 30% DEET.
- ✿ Spray mosquito repellent lightly on clothing and exposed skin.
- ✿ Wash repellent-treated skin once the outdoor activity is over.
- ⊘ Do not use products that contain both DEET and sunscreen.
- ⊘ Avoid mosquitos' habitat (stagnant and shallow water).
- ⊘ Avoid being outside at dawn and dusk and don't wear fragrance.

HEAD LICE TREATMENT

- ✿ If you find head lice or nits, use head lice treatment as soon as possible.
- ✿ Check the head of every member of the family. Only treat people with head lice or live nits.
- ✿ Permethrin (e.g., Nix 1%® or Kwellada-P®) or pyrethrins and piperonyl butoxide (e.g., Pronto® or R&C®) are effective products that can be used during pregnancy. Use as directed; a second application is necessary.
- ✿ It is also important to remove nits with a fine tooth comb after treatment and to wash all personal belongings carefully.

VITAMINS

- ✿ A multivitamin containing folic acid taken before conception and during first trimester of pregnancy is associated with a decreased risk of some birth defects (e.g., spina bifida, limb defects, heart malformations, etc.).
- ✿ Choose prenatal vitamins that are specifically formulated for pregnant women. Take the recommended dose.
- ✿ You can obtain over-the-counter (e.g., Materna®) or prescription (e.g., PregVit®, PregVit folic 5®) prenatal vitamins in a drugstore. PregVit® and PregVit folic 5® formulation provides calcium and iron separately to improve absorption.

NATURAL HEALTH PRODUCTS

🔗 Natural health products, unlike drugs, are not always subject to a quality control process. This may make it difficult to evaluate their contents, effects and possible consequences during pregnancy. Talk to your healthcare professional if you are thinking of taking a natural health product.



ALCOHOL

- ⊘ Avoid drinking alcohol during pregnancy. The quantity of alcohol that could be safe for the baby's development is unknown.

CAFFEINE

- ⚠ Caffeine should be used moderately.
- ⚠ Avoid having more than 2 to 3 coffees or cola type soft drinks per day. Tea and chocolate also contain caffeine.
- ⊘ Avoid energy drinks that often contain large amounts of caffeine and other ingredients, the effects of which are unknown.

TOBACCO

- 🌱 If you want to quit smoking, see a healthcare professional for help. Some treatments can be used during pregnancy.
- ⚠ Even a few cigarettes per day may be harmful. It is never too late to stop smoking during pregnancy. Giving up smoking is a great gift you could give to both your child and yourself.
- ⊘ Avoid smoking during pregnancy. It may increase the risk of several complications in pregnancy (e.g., having a premature and/or low birth weight baby).

www.info-tabac.ca/help.htm

www.pq.lung.ca/services/poumon-9/quit-cesser/

www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/index-eng.php

ARTIFICIAL SWEETENERS

- ✿ Small amounts of artificial sweeteners, found in chewing gum, soft drinks and several other products, are not harmful during pregnancy.
- ⊘ However, avoid using these products in larger quantities, such as substitutes for table sugar.

SUNSCREEN

- ✿ Use sunscreen with a protection factor (SPF) of 30 or above. These creams are hardly absorbed into the skin.
- ⊘ Avoid overexposure to the sun.

HAIR COLOUR AND PERM PRODUCTS

- ✿ Occasional use of these products, as directed, is safe.
- ✿ Use these products in well-ventilated areas.



BREASTFEEDING

GENERAL TIPS

- For your well-being and to increase your milk supply, get lots of rest, eat a balanced diet and breastfeed in a calm environment.
- Talk to a healthcare professional about any symptoms or discomfort you are feeling.
- Some medications are safe to take while breastfeeding while others should be avoided. Talk to a healthcare professional.

SORE, DRYING AND CRACKING NIPPLES*

Sore nipples are often caused by awkward positioning or by poor latching on to the breast.

- ✿ Ask a lactation consultant or your nurse whether your breastfeeding technique is correct.
- ✿ Breastfeed often.
- ✿ At the end of a feeding, rub one or two drops of breast milk on your nipples and let it air dry.
- ✿ A lanolin-based cream (e.g., PureLan®, Lansinoh® or Medela®) can relieve sore nipples, but does not replace proper breastfeeding techniques.

* D. Gauthier and the Comité pour la promotion de l'allaitement maternel. "L'allaitement maternel" (Breastfeeding). 2nd ed. Montreal, Éditions du CHU Sainte-Justine, 2002.

MILK “COMING IN”

Milk usually “comes in” 2 to 5 days after the birth.

- 🌸 Breastfeed often and let the baby nurse on demand.

NORMAL BREAST FULLNESS

Normal fullness is when your breasts swell but remain supple and your baby can still nurse.


- 🌸 Apply **lukewarm compresses** to your breasts for a minute or two to encourage milk flow.



SEVERE BREAST ENGORGEMENT

Severe engorgement is when your breasts become very hard, tight, warm to the touch, painful, and your baby has difficulty latching on.

- ✿ Apply **cold compresses** to your breasts to reduce swelling (please note that hot compresses can increase swelling!)
- ✿ Apply frozen damp towels, a bag of frozen peas or ice chips for 20 minutes, or cabbage leaves soaked in cold water for 30-40 minutes.
- ✿ Acetaminophen (e.g., Tylenol[®], Atasol[®]) or ibuprofen (e.g., Advil[®], Motrin[®]) may relieve the pain and fever.

 See your physician if:

- Your temperature is higher than 38.3°C or the pain or fever persists for more than 48-72 hours.
- You experience sudden, unexplained breast pain, even if the nipple and areola are normal in appearance.
- A hard area in your breast persists for more than 24 hours.
- A sensation of fullness persists for more than 48-72 hours even when the infant is nursing more often and you are applying compresses.
- Your infant is unable to nurse as usual or you think there may be thrush in the baby's mouth.
- You or your infant have one or more of these symptoms and your nipples are dry or cracked.

PRODUCTS TO INCREASE MILK PRODUCTION

- ✿ If you feel you need to increase your milk supply, first check your breastfeeding technique with a lactation consultant.
- 👩 If this measure does not help, see a healthcare professional.

WEAKENED PELVIC FLOOR

- ✿ The pelvic floor muscles may be weakened after the birth. It is recommended that you do exercises to strengthen the pelvic floor, which controls bladder function.
- ✿ Talk to your healthcare professional if you have questions about the exercises or other ways – like the use of vaginal cones – of strengthening your pelvic floor.



VAGINAL YEAST INFECTIONS

- ✿ Vaginal formulations of clotrimazole (e.g., Canesten®), miconazole (e.g., Monistat®) and tioconazole (e.g., Gynecure®) are safe to use for yeast infections while breastfeeding.
- 👩 See a physician if this is the first time you have experienced vaginal symptoms or if you have a chronic illness (such as diabetes), if symptoms are severe or recurrent, or in presence of smelly secretions.
- 👩 Symptoms should disappear within a week of starting treatment. See a physician if this is not the case.

HEADACHE AND BACKACHE

- ✿ Get plenty of rest.
- ✿ Massage may help.
- ✿ Use local applications of triethanolamine salicylate (e.g., Myoflex® Regular Strength cream) for painful neck and back muscles.
- ✿ Acetaminophen (e.g., Tylenol®, Atasol®) or ibuprofen (e.g., Advil®, Motrin®) may relieve the pain.
- 👩 Consult a physician if pain persists or if other symptoms appear.



FEVER

- ✿ Stay well hydrated by drinking water.
 - ✿ Take cool baths (do not use ice water or rubbing alcohol).
 - ✿ Acetaminophen (e.g., Tylenol[®], Atasol[®]) or ibuprofen (e.g., Advil[®], Motrin[®]) may reduce the fever.
- 👉 Oral temperature of 38-38.4 °C for at least 24 hours, or oral temperature at or over 38.5 °C taken twice should be assessed by a healthcare professional.

SEASONAL ALLERGIES


- ✿ Loratadine (e.g., Claritin[®]), desloratadine (e.g., Aeri[®]), cetirizine (e.g., Reactine[®]) or fexofenadine (e.g., Allegra[®]) may provide symptom relief and can be taken while you are breastfeeding.
- 👉 If these medications are not helpful, see your physician or pharmacist.



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COUGH AND SORE THROAT

- ✿ To help drain mucus, stay well hydrated by drinking water.
- ✿ Gargling with salt water for 15 seconds every hour may help relieve a sore throat:
 - ✿ Add $\frac{1}{2}$ tsp. (2.5 ml) of salt, never more, to 1 cup (250 ml or 8 oz) of cooled boiled water. It is important to use precise measurements.
- ✿ Dextromethorphan (e.g., Balminil® DM, Benlyn® DM) may relieve a cough.
- ✿ You can take lozenges for a sore throat.
- ✿ Acetaminophen (e.g., Tylenol®, Atasol®) or ibuprofen (e.g., Advil®, Motrin®) may relieve a sore throat.


 See your physician if:

- The cough is productive with greenish mucus.
- You have difficulty swallowing.
- Coughing or sore throat persists for more than 2-3 days or you have fever (oral temperature of 38-38.4°C for at least 24 hours, or oral temperature at or over 38.5°C taken twice).

NASAL CONGESTION AND COLD

- ✿ Stay well hydrated by drinking water.
 - ✿ Use a humidifier or saline nasal spray (see the salt water recipe or use Salinex[®], for example).
 - ✿ Salt water recipe for nasal irrigation: Add ½ tsp. (2.5 ml) of salt, never more, to 1 cup (250 ml or 8 oz) of cooled boiled water. It is important to use precise measurements.
 - ✿ You can use a nasal spray decongestant such as xylometazoline (e.g., Otrivin[®]) or oxymetazoline (e.g., Dristan[®] Long Lasting) for a maximum of 3 days. Longer use (more than 3 days) could exacerbate your congestion.
-  If congestion persists, see a healthcare professional.

DIARRHEA

- ✿ Attapulgate (e.g., Kaopectate[®]) and loperamide (e.g., Imodium[®]) are safe while breastfeeding.
-  See your physician if:
- Diarrhea is accompanied by a fever over 38.3°C.
 - Diarrhea persists for more than 48 hours.
 - You have more than 6 bowel movements a day.
 - You notice signs of dehydration (dry lips or skin, you are urinating less frequently or in smaller amounts).
 - Your stool is dark or blood-tinged.




CONSTIPATION

- ✿ Eat more dietary fibre (e.g., whole-grain bread and cereal, bran, fresh and dried fruit, nuts and vegetables).
- ✿ Stay well hydrated by drinking water.
- ✿ Exercise regularly.
- ✿ You can drink prune juice.

If these measures do not help:

- ✿ Take a commercial fibre supplement such as psyllium (e.g., Metamucil[®], Prodiem[®]) or inulin (e.g., Benefibre[®]), or docusate sodium (e.g., Colace[®]) or docusate calcium (e.g., Surfak[®]) capsules every day; they can take up to 72 hours to work.

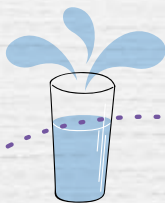
- ✿ A glycerin suppository can be used if needed after 3 days with no bowel movement; it should work within an hour.

 If constipation persists, see a healthcare professional.



GASTROENTERITIS

- ✿ Stay well hydrated by drinking small amounts of water or a rehydration solution (e.g., Gastrolyte® or Pedialyte®).
- ✿ If you can, eat small meals even before feeling hungry.
- ✿ Get plenty of rest.
- 🩺 For a quick relief, other medication such as dimenhydrinate (e.g., Gravol®) can be taken as needed. Consult your pharmacist for dosage.
- 🩺 If your symptoms persist, consult your healthcare professional. Consult a physician immediately if you have severe and persistent vomiting, or if you show signs of dehydration (e.g. dry mouth, dark urine), or if you have fever.



HEMORRHOIDS AND PERINEAL PAIN

- ✿ Avoid constipation by following the tips in the CONSTIPATION section.
 - ✿ Sleep on your left side, not your back.
 - ✿ Take lukewarm sitz baths.
 - ✿ Apply witch-hazel and glycerin compresses (e.g., Tucks[®]) or pramoxin/zinc ointment (e.g., Anusol[®] or Anusol[®] Plus).
 - ✿ Acetaminophen (e.g., Tylenol[®], Atasol[®]) or ibuprofen (e.g., Advil[®], Motrin[®]) may relieve the pain.
 - ⊘ Avoid remaining standing or seated for long periods.
- 👩 If these measures do not help, your physician could give you a prescription (e.g., Proctofoam-HC[®], Anusol-HC[®]).
- 👩 In any case, if pain persists or if bleeding occurs, consult your physician.

Zzzzz



HEARTBURN AND GASTRIC REFLUX

- ✿ You can take antacids for immediate relief. Try to use antacids containing magnesium, calcium or aluminum salts (e.g., Diovol[®], Gaviscon[®], Maalox[®], Mylanta[®]).
- ✿ Take an antacid about 1 hour after eating if needed. The effect lasts about 2 hours so you can take another dose 3 hours after the meal.
- ⊘ Avoid acidic or irritating foods (e.g., soft drinks, citrus juices, tea, coffee, spices).
- ⊘ Avoid taking antacids with other medication. Take one 2 hours before or after other medication. If you are taking several medications, do not hesitate to consult a pharmacist.
- 👩 See a physician if treatment fails to relieve the heartburn, if other symptoms appear or if heartburn persists for more than 2 weeks.



VACCINES

- ✿ Vaccination while breastfeeding is safe. Breastfeeding mothers should get the vaccines recommended for adults if they have not already done so.

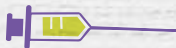
VITAMINS

For you:

- 👩 Your healthcare professional may recommend that you keep taking prenatal multivitamins after the baby's birth and during breastfeeding. Take the recommended dose.

For your infant:

- ✿ All breastfeeding babies should have a supplement of 400 units of vitamin D per day.
- 👩 Some infants may need more than 400 units of vitamin D per day: see your healthcare professional about the best dose for your infant.

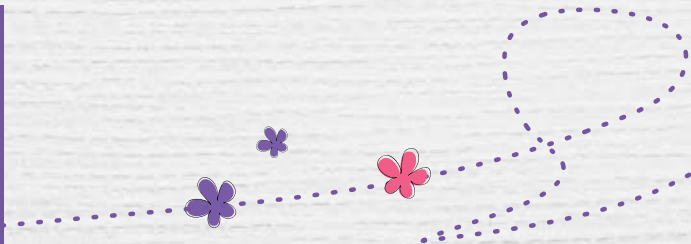


NATURAL HEALTH PRODUCTS

- 👉 Natural health products, unlike drugs, are not always subject to a quality control process. This may make it difficult to evaluate their contents, effects and possible consequences during breastfeeding. Talk to your healthcare professional if you are thinking of taking a natural health product.

ARTIFICIAL SWEETENERS

- ⚠️ The artificial sweeteners used in prepared foods (e.g., gum, soft drinks) or as tabletop sugar substitutes (e.g., Splenda®, NutraSweet®) pose no problem to you or your infant during breastfeeding if they are used in moderation.



SUNSCREEN

For you:

- ✿ Use sunscreen with a sun protection factor (SPF) of 30 or higher. The skin absorbs very little sunscreen.
- ⊘ Avoid prolonged sun exposure.

For your infant:

- ✿ If your baby is older than 6 months, choose sunscreen with a minimum SPF of 30 when the child is exposed to the sun.
- ⚠ Limit sun exposure to less than 15 minutes a day.
- ⊘ Do not use sunscreen on infants under 6 months old.



INSECT BITE PREVENTION

For you:

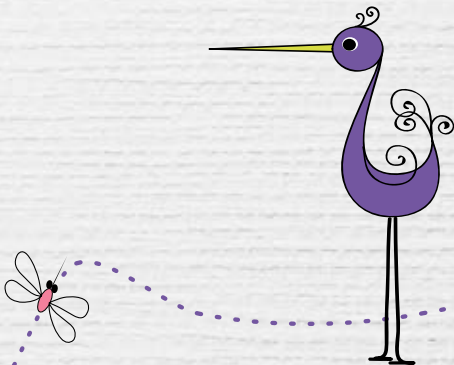
- ✿ Wear a hat and loose, long-sleeved, light-coloured clothing.
- ✿ Spray mosquito repellent lightly on clothing and exposed skin.
- ✿ Choose products with no more than 30% DEET.
- ✿ Wash repellent-treated skin with soap and water once the outdoor activity is over.
- ⊘ Avoid mosquitoes' habitat (stagnant and shallow water).
- ⊘ Avoid being outside at dawn and dusk and don't wear fragrance.

For your infant:

- ✿ If your infant is under 6 months old, avoid mosquito repellent with DEET and reduce exposure to mosquitoes as much as possible.
- ⚠ Infants 6 months or older can wear mosquito repellent with less than 10% DEET; do not use on the face or hands and avoid prolonged use.
- ⊘ Avoid products containing citronella for children under the age of 2 years.

HEAD LICE TREATMENTS

- ✿ If you realize that a family member has head lice or nits, use a lice treatment product as fast as possible.
 - ✿ Immediately inform everyone concerned, including schools and daycares.
 - ✿ Check the heads of all family members. Treat only those with live head lice or nits.
 - ✿ It is also important to remove nits with a fine tooth comb after treatment and to wash all personal belongings carefully.
- 🪷 Products containing permethrin (e.g., Nix® or Kwellada-P®) or pyrethrins and piperonyl butoxide (e.g., Pronto® or R&C®) are safe and effective while you are breastfeeding. See your healthcare professional to find out how to use them.



WART TREATMENTS

- ✿ Topical salicylic acid and cryotherapy can be used to treat warts while you are breastfeeding.
- ⚠ More concentrated salicylic acid solutions (40%) should be used only on areas where the skin is thicker (soles of the feet).
- ⊘ Don't scratch the wart. Don't share personal items (such as towels) that have been in direct contact with the wart.
- 👉 People with neuropathy (e.g., due to diabetes or circulatory problems) should see a physician before starting treatment.

ALCOHOL

- ✿ You can breastfeed before having a drink and wait 2-3 hours per drink before breastfeeding your infant again.
- ⚠ As a rule, drinking alcohol is not recommended. However, it is acceptable to have one or two drinks on special occasions while you are breastfeeding.

CAFFEINE

- ⚠ Do not consume more than 2-3 caffeinated drinks or foods per day (e.g., coffee, chocolate, tea, colas). Nursing mothers who drink caffeine frequently or in large amounts can sometimes make their babies irritable and disrupt their sleep.
- ⊘ Avoid energy drinks as they often contain large amounts of caffeine and other ingredients for which the effects are unknown.



TOBACCO

Babies in smoking environments run a greater risk of suffering from conditions such as ear infections, colic, colds, asthma, allergies and nutrition problems. They also run a greater risk of Sudden Infant Death Syndrome (SIDS).

- ⊘ For the sake of your health and that of your baby, you should not smoke. If you are unable to quit, here are some suggestions:
 - Do not smoke indoors;
 - Cut down the number of cigarettes you smoke per day;
 - Do not smoke just before or after nursing your baby.

☞ If you want to quit smoking, see a healthcare professional for help. Some treatments can be used while breastfeeding.

For more information:

www.info-tabac.ca/help.htm

www.pq.lung.ca/services/poumon-9/quit-cesser/

www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/index-eng.php

BACK TO FERTILITY

✿ Breastfeeding can be used as birth control (98% effective) if you are able to answer **NO** to ALL of the following questions:

- **Is your baby older than 6 months?**
- **Have your periods resumed?** Please note, bleeding in the first 8 weeks after giving birth is not considered menstruation.
- **Are you supplementing your nursing baby with milk, juice or solid food?**
- **Are there long breaks between feedings during the day (more than 4 hours) or at night (more than 6 hours)?**

🌀 If you answered **YES** to even one of these questions, breastfeeding does not prevent you from becoming pregnant. See a healthcare professional for advice on birth planning. Different birth control methods can be used. If you do not breastfeed, ovulation can occur as soon as 3 weeks after delivery.

Sakimi



Sofia



William



Jacob



Olivia



Noah



Jeff



Emma



www.pregnancy-breastfeeding-ste-justine.org