

英文

Medication Safety for Breastfeeding Mothers

Any kind of substances taken by mothers may get in the milk. Therefore, while taking medication, in addition to consider whether or not the babies may also consume the medicines in milk, mothers should also take into account the overall impacts on their babies, mother themselves, families and the society if they stop breastfeeding.

The myths in breastfeeding stoppage while mothers are sick

1. The medication intake of babies depends on their daily milk feeding amount, gastrointestinal function and milk feeding time.
2. You may opt for breastfeeding before taking medication or preparing milk, or temporarily suspend the intake of drugs.
 - (1) The concentration of drug reaches its highest after 1-3 hours taking it.
 - (2) It is relatively safe to breastfeed 6 hours after taking medication.
 - (3) Consult your physician on the possibility to stop medication.
3. Preservation of breast milk:
 - (1) Can be stored 6-8 hours under room temperature.
 - (2) Can be stored 3-5 days if refrigerated.
 - (3) Can be stored 3-4 months in the freezer.

中文對照說明

婦女哺乳用藥安全

媽媽所食用的任何物質都可能進入乳汁中，所以當媽媽服用藥物時，要考量寶寶是否會吃到奶水中的藥物外，還要考慮停餵母乳對寶寶、媽媽本身、家庭及社會的整體影響。

媽媽生病時停止哺乳的迷思

1. 嬰兒對藥物攝取量取決於每日餵奶量、嬰兒腸胃功能、哺乳時間。
2. 服藥前哺乳或備乳或暫停服藥，都是選項
 - (1) 藥物在服用後 1-3 小時內達到最高濃度。
 - (2) 服藥後 6 小時再餵奶相對較安全。
 - (3) 請問藥師暫停服藥的可行性。
3. 母乳的保存
 - (1) 室溫下可存放 6-8 小時。
 - (2) 冷藏可放 3-5 天。
 - (3) 冷凍庫可保存 3-4 個月。

Breastfeeding Medication Considerations

1. Whether or not it is necessary to take the medication?
2. Select safe drugs.
3. If the medication may affect the babies, you should measure their blood drug concentration.
4. Breastfeed before taking medication to reduce the impact of drugs on babies.

Determining Factors of Drugs Affecting the Babies

1. Natures of the drugs:

Before taking medication, consult your specialist physician or pharmacist. Choose drugs, such as water-soluble drugs, drugs with high protein binding rate, and drugs with short half-life that cannot be absorbed by the gastrointestinal tract easily, and try your best to use single prescribed drugs.

2. Medicine intake dosage and frequency:

It is recommended to take drugs with a low dosage, short half-life and those that will not accumulate in the body.

Despite the high medication frequency, they are less likely to distribute to the milk.

3. Avoid taking dangerous drugs:

Some drugs may cause damages to babies even taken in minute quantity. For examples Penicillin and sulfonamides, etc.

4. Contraceptive drugs:

Contraceptive drugs shall be avoid taking during breastfeeding because contraceptive drugs may cause damage to babies and reduce the amount of lactation.

哺乳用藥考量

1. 藥物是否有使用的必要。
2. 選擇安全的藥物。
3. 當藥物可能對嬰兒有影響時，應該測量嬰兒的血中藥物濃度。
4. 在服藥前餵奶，減少藥物對嬰兒的影響。

藥物影響寶寶的決定因素

1. 藥物的性質

用藥前詢問專業醫師或藥師，選擇不易被腸胃道吸收、水溶性藥物、高蛋白結合率、半衰期短，並儘量使用單方藥物。

2. 攝取藥物的劑量及頻率

建議服用劑量低、半衰期短、不會在體內蓄積的藥物，雖然服藥頻率高但較不會分布至乳汁。

3. 避免危險性藥品

有些藥品極微量就會對嬰兒造成傷害，如：盤尼西林、磺胺類藥物等。

4. 避孕藥物

採用母乳餵養寶寶，不宜服用避孕藥。因為避孕藥可能透過乳汁對寶寶產生不良影響，同時還可能使乳汁分泌量減少。

Medication recommended by American Academy of Pediatrics during breastfeeding period

1. You are allowed to take medication during breastfeeding, but choose those with lower risks:

- (1) Antipyretic analgesics, non-steroidal anti-inflammatory painkillers, antibiotics, vaccines, decongestants, narcotic drugs, antidepressants, antihypertensive drugs, antiviral drugs, muscle relaxants, anti-epileptic drugs, cardiac stimulants, anti-TB drugs, thyroxine, anti-thyroid drugs, Xylometazoline, potassium-sparing diuretics, and anticoagulants.
- (2) As the concentration of anxiolytics and antidepressants, etc. in milk is very low, there are only a few cases they have caused discomfort in babies. While using them long-term, pay attention to their impact on the baby's central nervous system.
- (3) Local anesthesia is safe to use as it will not be absorbed by the baby's gastrointestinal tract.
- (4) Like other drugs, general anesthesia is unlikely to cause any impact to babies. As its half-life is very short, you can breastfeed immediately after awakening.
- (5) Almost all external dermatologic agents, inhaled medication (such as asthma medication) or nasal spray, and eye used drugs are regarded as safe drugs.

2. Drugs that you should avoid while breastfeeding:

- (1) Penicillin: As it is likely to cause allergies, please handle it with care.
- (2) Sulfonamides: More obvious to cause harms to kernicterus, hemolysis and favism patients.
- (3) Tetracycline: It will cause permanent dental coloring and hinder bone development.
- (4) Chloramphenicol: It may cause bone marrow suppression and aplastic anemia.

美國小兒科醫學會建議哺乳期之用藥

1. 哺乳時可以使用的藥物，風險較低的藥物：

- (1) 解熱鎮痛藥、非類固醇消炎止痛藥、抗生素、疫苗、顯影劑、麻醉藥物、精神科用藥、抗憂鬱藥、降血壓藥、抗病毒藥物、肌肉鬆弛劑、抗癲癇藥物、強心劑、麻醉性止痛劑、麻醉性鎮咳劑、類固醇、氫離子阻斷劑、抗心律不整藥、抗結核藥、甲狀腺素、抗甲狀腺藥物、鼻塞解除劑、保鉀利尿劑、抗凝血劑。
- (2) 抗焦慮、抗憂鬱等藥物在奶水中濃度很低，僅有非常少數的個案引起嬰兒的不適，長期使用時，要注意對寶寶的中樞神經的影響。
- (3) 局部麻醉藥物不會被嬰兒腸胃所吸收是安全的。
- (4) 全身麻醉的藥物像其他藥物一樣，幾乎不會造成嬰兒任何影響，它們的半衰期非常短，只要醒過來，就可以哺乳。
- (5) 外用的皮膚藥、吸入性藥物（例如：氣喘用藥）或是鼻噴劑、眼睛使用的藥物幾乎都是安全藥物。

2. 哺乳時應避免使用的藥物：

- (1) 盤尼西林：容易造成過敏，須小心使用。
- (2) 磺胺類藥物：核黃疸、溶血，蠶豆症者明顯。
- (3) 四環黴素：牙齒永久性著色、阻礙骨骼發育。
- (4) 氯黴素：可能會造成骨髓抑制，引起再生不良性貧血。

(5) Almost all external dermatologic agents, inhaled medication (such as asthma medication) or nasal spray, and eye used drugs are regarded as safe drugs.

2. Drugs that you should avoid while breastfeeding:

- (1) Penicillin: As it likely to cause allergies, please handle it with care.
- (2) Sulfonamides: More obvious to cause harms to kernicterus, hemolysis and favism patients.
- (3) Tetracycline: It will cause permanent dental coloring and hinder bone development.
- (4) Chloramphenicol: It may cause bone marrow suppression and aplastic anemi.
- (5) Metronidazole: It may cause birth defects and mutations.
- (6) Alcohol: It will cause respiratory depression and weak pulse in babies.
- (7) Nicotine: It will cause shock, vomiting, diarrhea, respiratory diseases and sudden death in babies
- (8) Caffeine: It will cause restlessness and weight loss babies.
- (9) Long-acting antidepressant fluoxetine: It will cause long-term drug action.

3. Drugs that should never be taken:

Anticancer drugs, radiation therapy drugs, Cyclosporin (immunosuppressive), Mysoline (epilepsy), Parlodel (Parkinson), Ergotamine (migraine), lithium salt (mania), cocaine, heroin, marijuana, amphetamines, nicotine and amphetamine.

(5) Metronidazole: 可能會造成畸胎突變。

(6) 酒精: 嬰兒呼吸抑制、脈搏微弱。

(7) 尼古丁: 嬰兒休克、嘔吐、腹瀉、呼吸道疾病、猝死。

(8) 咖啡因: 嬰兒躁動、體重減輕。

(9) 長效抗憂鬱藥 fluoxetine: 藥物作用時間很長。

3. 絕對不能使用的藥物:

抗癌藥物、放射治療藥物、Cyclosporin(免疫抑制)、Mysoline(癲癇)、Parlodel(巴金森)、Ergotamine(偏頭痛)、鋰鹽(躁症)、古柯鹼、海洛因、大麻、安非他命。

How about radioisotope scanning of nuclear medicine?

1. It is not necessary to stop breastfeeding while conducting X-ray and other scanning, even with the use of developer.
2. It is also not necessary to stop breastfeeding while conducting computed tomography (CT) and magnetic resonance imaging (MRI).
3. Technetium is usually used on mothers while accepting lungs or bone isotope scanning. The half-life of this drug is 6 hours and after a lapse of five half-lives, the drug will be discharged from the mother's body completely. So there is no need to worry about.

Is it alright for women with breast augmentation to breastfeed their babies?

1. Silicone and saline bag are common materials used in breast augmentation.
2. Currently, scientific studies have found no evidence to indicate that the silicon polymer is harmful to human body.
3. The silicon content of silicon element found in milk and formula milk is even higher than the milk from mothers with breast augmentation. Therefore, mothers with breast augmentation can still breastfeed their babies.

核子醫學放射性同位素掃描呢？

1. X-光及其他掃描，即使是使用顯影劑，都不需要停止餵奶。
2. 電腦斷層攝影 CT 及核磁共振攝影 MRI 也是如此，都不需要停止餵奶。
3. 媽媽接受肺部同位素或骨頭掃描時，通常使用 technetium，此藥的半衰期是 6 小時，在 5 個半衰期後藥物會完全排離母體，是不必擔心的。

隆乳女性可以哺乳嗎？

1. 隆乳以矽膠材質較常見，或是放置鹽水袋。
2. 目前沒有研究顯示隆乳矽膠中的聚合物對人體有害。
3. 牛奶及配方奶中的矽元素比隆乳媽媽的奶水中矽含量還高。因此隆乳的媽媽仍可以哺育母乳。