



BREASTFEEDING BUZZ

February 2025
Volume 9 Issue 2

Free Education

February 3

11:00 a.m. – 12:00 p.m. or 5:00 p.m. – 6:00 p.m. GOLD Wife Midwifery Webinar: Creating Calm, Effective Strategies for Reducing Stress and Anxiety During Pregnancy. Register at

<https://www.goldmidwifery.com/conference/speakers/keynote-presentations-speakers>

February 7

12:00 p.m. – 2:00 p.m. Breastfeed LA Webinar: Milk Money: The Corporate Hijack of Black Breastfeeding. Register at

[tinyurl.com/radicalmoms](https://us02web.zoom.us/webinar/register/WN_0pzb2TijSt2CQya0FnDF1Q), and then at https://us02web.zoom.us/webinar/register/WN_0pzb2TijSt2CQya0FnDF1Q

February 12

12:00 p.m. – 1:00 p.m. IABLE Webinar: The Clinician Teacher in Breastfeeding and Lactation Medicine: A Healthcare Series: PechaKuchas! An Innovative Communication and Teaching Method to Share Ideas and Projects. Register at

<https://lacted.org/shop/clinician202502/>

February 25

2:30 p.m. – 4:00 p.m. IEBFC February General Education Session. Register at

<https://www.eventbrite.com/e/february-general-education-session-tickets-1089125496679?aff=erelexpmlt>

Using Cough and Cold Medications While Breastfeeding

With four viruses including influenza, COVID-19, RSV, and norovirus all currently at “very high levels” around the U.S., experts are referring to this as a possible “quademic.” The Infant Risk Center has provided information regarding which cough and cold medications are safest while breastfeeding. Drs. Thomas Hale and Kaytlin Krusch have performed extensive research about the effects in mother’s milk of medications and classified each medication from L1 to L5 in terms of safety when breastfeeding. L1 is for the safest medications. L2 is the classification for safer medications. L3 refers to medications probably safe. L4 medications are possibly hazardous. L5 medications are hazardous. For pain and fever while breastfeeding, ibuprofen (trade names: Advil, Motrin, Nuprin) and acetaminophen (trade name: Tylenol) are L1s. Aspirin is classified as L2. Naproxen (trade name: Aleve, Naprox, Naprosyn) is L3. To treat cough and congestion while breastfeeding benzocaine, a numbing agent, and guaifenesin, an expectorant, are the safest options as they are both L2s. Menthol, a numbing agent used for sore throats, and dextromethorphan, an antitussive drug that elevates the cough threshold in the brain, are both L3s along with honey. Codeine (requires a prescription), used to treat pain and cough, is also classified as L3. The non-narcotic cough suppressant, benzonatate (requires a prescription), should be avoided when possible as it is L4. For allergies and sinus congestion, diphenhydramine (trade name: Benadryl), an antihistamine, is L2 although it can cause sedation. The antihistamines chlorpheniramine and brompheniramine are both L3s and are heavily sedating. The decongestants pseudoephedrine (trade names: Sudafed, Claritin-D), which is sold over-the counter but kept in the pharmacy, and phenylephrine are both L3s. The safest nasal spray is nasal saline irrigation which is a L1. Most other nasal sprays are classified as L3s including: the decongestant oxymetazoline (trade name: Afrin) along with the nasal steroids triamcinolone (trade name: Nasacort 1), fluticasone (trade name: Flonase), and Mometasone (trade name: Nasonex). Prescription antibiotics and steroids, which are available by prescription only, are typically L1s or L2s. Please refer to the Infant Risk Center’s 1-page flyer available at https://www.infantrisk.com/sites/default/files/2021-04/N24334_IRC_Flyer_edit.pdf and combination product overview at <https://infantrisk.com/content/cough-cold-medications-while-breastfeeding> for more information. Further, the Infant Risk Center’s app, MommyMeds, provides breastfeeding safety on over 1,500 medications.

Breastfeeding Support

WIC Breastfeeding Program 601-981-2304

The Infant Risk Center 806 352-2519

Dr. Thomas Hale’s medication helpline

La Leche League of Metro Jackson, MS

<https://www.facebook.com/groups/LLLOfMetroJackson/>

MS MILC Leagues For locations and information, see

<https://www.msbfc.org/ms-milc-league.html>

UMMC Children’s of MS Lactation Medicine Clinic 601-984-5480

MILC League

The **Gulf Coast MS MILC League** meets Wednesdays from 9:00 a.m. – 10:30 a.m. at 6340 Kiln Delisle Road, Pass Christian, MS. Maranda Nybo, IBCLC facilitates the group. For more information visit www.gulfcoastbreastfeedingcenter.com or <https://www.facebook.com/MS.MILC.League> or call 228-669-5645.

MSBFC Meeting: February 13, 2025 at 12:00 p.m. Please join via Teams at <https://bit.ly/MSBFCmeeting>

