



BREASTFEEDING BUZZ

March 2026
Volume 10 Issue 3

Free Education

March 4

1:00 p.m. – 2:00 p.m. Gold Learning Webinar. Spit Happens: Managing Infant Reflux. Register at:

<https://www.goldlearning.com/online-events/upcoming-live-webinars/managing-infant-reflux-detail#>

March 17

12:00 p.m. – 1:00 p.m. Medela Webinar: From Mystery to Mechanism: Understanding Low Milk Supply to Enhance Breastfeeding Outcomes. Register at:

[From Mystery to Mechanism: Understanding Low Milk Supply to Enhance Breastfeeding Outcomes | Medela Webinars](https://www.medela.com/en-us/lactation-professionals/professional-education/webinars/past-webinars/preeclampsia-pumping-and-postpartum-care)

March 23

12:00 p.m. – 1:00 p.m. Breastfeeding LA Webinar: Lactation Equity for Infants with Congenital Heart Defects. Register at:

<https://lp.constantcontactpages.com/ev/reg/wc7x5xv>

Available on Demand

Great Lakes Michigan breastfeeding webinars -The Missing Link: The Importance of Community Organizations

<https://glbw.thinkific.com/courses/february-2026-bonus>

-First Food, Strong Roots: "The Strategic Attempt to Annihilate the Practice of Black Breastfeeding"

<https://glbw.thinkific.com/courses/february-2026>

Medela Webinar: Preeclampsia, Pumping, and Postpartum Care: A Call to Action for Perinatal Nurses.

<https://www.medela.com/en-us/lactation-professionals/professional-education/webinars/past-webinars/preeclampsia-pumping-and-postpartum-care>

Lactation Risk Categories Explained

Spring brings blooming flowers along with the allergy season. For breastfeeding moms, this often means congestion, itchy eyes, sinus pressure, and an important question: What medications are safe during lactation? Lactation Risk Categories help simplify medication safety and support informed decision-making while protecting both the infant and milk supply.

L1 Compatible (Safest) Very safe, first-line options. These include nasal steroid sprays such as fluticasone (Flonase) and budesonide (Rhinocort), and antihistamine eye drops like ketotifen.

L2 Probably Compatible (Low Risk) Generally safe when needed. Common non-drowsy antihistamines in this category include cetirizine (Zyrtec), loratadine (Claritin), and fexofenadine (Allegra). Occasional diphenhydramine (Benadryl) may be appropriate; however, it may cause infant drowsiness and, with repeated use, has the potential to decrease milk supply.

L3 Presumed Compatible (Use with Caution) Limited data in lactation population. Use when benefits outweigh potential risks and when safer options (e.g., saline sprays, humidifiers, nasal steroids) are ineffective. Decongestants containing pseudoephedrine (commonly found in "-D" formulations) fall into this category and may reduce milk supply or contribute to infant irritability or sleep changes.

L4 Potentially Hazardous (Higher Risk) Evidence suggests risk to the infant or significant impact on milk supply. These medications should be used only when safer options are ineffective. In some cases, temporary pumping and discarding of breast milk may be necessary with provider guidance.

L5 Hazardous (Contraindicated) These medications should not be used during lactation, and alternative treatments or temporary weaning may be required. Careful medication selection and counseling are essential to protect both infant safety and milk production. Providers should advise patients to monitor infants for changes in feeding, sleep, or behavior and to seek medical evaluation if concerns arise.

Sources: Hale's Medications & Mothers' Milk, Mayo Clinic, InfantRisk Center

Breastfeeding Support

WIC Breastfeeding Program 601-981-2304

Bloom & Grow Lactation 601-427-0777

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>

March recognizes International IBCLC Day! MSBFC proudly celebrates Mississippi's IBCLCs for their expertise, leadership, and unwavering commitment to supporting breastfeeding families across our state.

