Breastfeeding and Anesthesia

Often breastfeeding mothers are instructed to pump and dump for 24 hours following anesthesia. Current evidence shows this recommendation is not usually necessary and that generally, the mother can resume breastfeeding once she is awake, stable, and alert post-surgery. According to Anesthesiology 10 2017, Vol. 127, A15, the following are anesthesia medications along with other drugs commonly used in surgical and post-operative patients which are compatible with breastfeeding: Midazolam, Fentanyl (single dose IV), Ondansetron, Dexamethasone, Metoclopramide, Propofol, Etomidate, Volatile anesthetics, Succinylcholine, NMBAs, Neostigmine/glycopyrrolate, Lidocaine, and Bupivacaine. Meperidine should be avoided. Morphine and Hydromorphone need close monitoring for breastfeeding mothers. No data is available for Ketamine.

Judy Ellzey Wins 2019 MPHA Breastfeeding Award

Congratulations to Judy Hedgepeth Ellzey, CLC who won the 2019 Mississippi Public Health Association (MPHA) Tawanda Ferrill Breastfeeding Award from the Nutrition Section at the MPHA Conference October 17, 2019. Not only does she work as a Peer Counselor 3 and Special Projects Officer for WIC’s Breastfeeding Program covering five counties, but she also organized and leads the MISS-LOU breastfeeding support group in Natchez, MS and volunteers at the Circle of Moms’ Baby Café cluster locations.