

## 亲哺期间使用这些物品安全吗？

本章是讲解我们对某些常见药物和物质对母乳和母乳喂养影响的认识。

### 酒精

酒精会很快就会进入母乳。它会限制“泄流反射”的反射作用、因此您的宝宝可能得到的母乳就会少。



一些毒品、药物和其他物质可能会影响母乳及母乳喂养。

- 喝了**1**杯酒后**3**个小时内切勿母乳**喂养**。“**1**杯”是指**4**盎司的葡萄酒、**12**盎司的啤酒或**1**盎司的烈酒。
- 从喝第一杯开始计时、每多喝**1**杯就得再**多等1**个小时、才可母乳**喂养**。例如：如您喝了**2**杯酒，请等**4**个小时后才母乳**喂养**。

如每天喝酒或“酗酒”、请与您的医疗提供者交谈。

### 麻醉药

有时妈妈在麻醉后（使您在手术过程中入睡的药物）会被告知需要用抽乳器抽乳、并将乳液丢弃。但是、仅有很少量的这些药物会进入母乳、至于被宝宝吸收的量就更少了。美国儿科学会（AAP）和其他医学资源都同意麻醉药和大多数止痛药不会影响母乳喂养。

如您接受了麻醉、则可以从药物作用中恢复过来后立即开始母乳喂养。

### 避孕药（节育方法）

以下情况会令分娩后头六个月内怀孕的风险较低：

- 仅以母乳喂养婴儿。
- 并且您的月经也还没有恢复

不过、为减少随即怀孕、您可能仍想采取避孕的措施。请在以下的时间与您的医生谈谈计划生育、以确保在宝宝出生后有良好的避孕计划：

- 在产前检查时
- 分娩后在医院
- 产后 6 周的门诊

### 无激素控制生育

这些节育方法对您的宝宝是安全的、不含激素、也不影响乳液的供应：

- 避孕套
- 阴道膜片
- 宫颈帽
- 一些宫内节育器

### 含有激素的避孕药

含有雌激素(**estrogen**) 的避孕药可能会减少乳液的供应。其中包括一些药片、贴剂和阴道环。母乳喂养期间、含有孕激素(**progesterone**)的避孕药似乎是较好的选择。其中包括一些药片、一些宫内节育器、注射针剂和植入物。一些专家提醒母亲、要等到母乳供应量稳定后再开始使用任何激素。

### 咖啡因 (Caffeine)

咖啡因进入母乳的量很小。母乳喂养的母亲每天喝 2 杯、是安全的。一杯是指约 8 盎司咖啡 (150 毫克咖啡因)。

在一项研究母乳喂养的婴儿的报告显示、如母亲每天喝 8 到 9 杯咖啡因、她们的宝宝睡眠有困难及比平时更加烦躁。

### 可卡因 (Cocaine)

如使用可卡因、**请勿母乳喂养**。婴儿从母乳接触了可卡因会严重地危害健康。他们能：

- 癫痫发作
- 非常烦躁
- 腹泻
- 呕吐



如您喝咖啡、请在哺乳期每天间限于 2 杯。

如您计划停止使用可卡因以便母乳喂养、请到戒毒中获取帮助。

如您正在母乳喂养并且使用可卡因、则在使用该药物后抽出乳液、并把乳液丢弃。至少 **36** 小时后的乳液才可喂养宝宝。

**不要**让人们在婴儿周围使用可卡因。来自可卡因游离基的二手可卡因可导致婴儿发生与使用者产生相同的症状。

## 美沙酮 (Methadone)

美国儿科协会 (AAP) 称：使用美沙酮的妇女可以母乳喂养婴儿。

## 感冒药 (Cold Medicines)

美国儿科协会 (AAP) 称：母乳喂养的母亲可以使用减轻鼻塞 (**decongestants**) 的药物、但是这些药物可能会减少乳液的供应。如乳液产量已经很低、请不要使用减轻鼻塞的药物。

使用盐水喷鼻剂或无菌冲鼻水冲洗鼻腔有助于清除鼻塞。它还可以帮助您更快地从感冒中恢复。

## 局部及牙齿的麻醉

牙科或其他程序使用的的麻醉药物 (麻醉剂)、通常在母乳中发现的量是非常少。如您接受了局部麻醉、是无需停止母乳喂养的。

## 大麻 (Marijuana)

使用大麻后几小时内切勿哺乳。该药物在母乳中的浓度可达到很高的水平。大麻会：

- 延缓宝宝运动功能的发育
- 可能会抑制乳汁分泌所需的荷尔蒙
- 可能会影响到您照顾宝宝的能力

## 止痛药物

- **对乙酰氨基酚 (Acetaminophen)** (泰诺和其他品牌)。只有少量的对乙酰氨基酚会进入母乳中。美国儿科协会 (AAP) 称：母乳喂养的母亲可以使用对乙酰氨基酚。
- **布洛芬 (Ibuprofen)** (**Advil**、**Motrin** 和其他品牌)。布洛芬进入乳汁中的含量很低。美国儿科协会 (AAP) 批准母乳喂养的母亲使用布洛芬。



与您的医疗保健提供者讨论在母乳喂养期间服用感冒药的情况。

- **萘普生 (Naproxen)** (Aleve、Naprosyn 和其他品牌)。萘普生是美国儿科协会 (AAP) 批准使用的。但是、由于它在体内停留的时间比对乙酰氨基酚或布洛芬长、所以有些哺乳期的母亲会选择这些止痛药。

## 烟草

在怀孕期间和哺乳期内、要尽一切努力戒烟。尼古丁很容易进入母乳中。抽的烟越多、母乳中的尼古丁就越多。尼古丁可以：

- 减少乳汁的产量
- 导致宝宝有下列症状：
  - 呕吐
  - 腹泻
  - 烦躁不安
  - 肠绞痛

如不能完全停止、则尽量少抽。**切勿**在哺乳前吸烟。**切勿**在宝宝所在的房间里抽烟。此外、不要让别人在您和宝宝身边吸烟。

## 超声波、X 光射线和放射性染料

美国放射学会称：哺乳期的妈妈如做超声或 X 光线检查、不需要停止母乳喂养。即使需要使用**造影剂** (X 光射线染料) 来做检查、也只有极少量的染料进入母乳中。这些染料中的碘不会被宝宝吸收。

## 怀孕期间避免吃的食物

有些在怀孕期间避免的食物、在哺乳期内是可以吃的。这些食物包括软奶酪、寿司和午餐肉等。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

### 您有疑问吗？

我们很重视您的提问。如您有哺乳方面的疑问、请联系哺乳辅导服务：  
206.598.4628.



吸烟、在分娩前后都会伤害宝宝。

## Is This Safe to Take While I'm Breastfeeding?

*This chapter explains what we know about how some common drugs and substances affect breast milk and breastfeeding.*



### Alcohol

Alcohol goes into breast milk very quickly. It can limit the “let-down” reflex, so your baby may get less breast milk.

If you drink once in a while:

- **Do not breastfeed for 3 hours** after having 1 drink. “1 drink” is 4 ounces of wine, 12 ounces of beer, or 1 ounce of hard liquor.
- **Wait 1 extra hour** before breastfeeding for each drink after your first. For instance, if you have 2 drinks, wait 4 hours to nurse.

*Some recreational drugs, medicines, and other substances might affect your breast milk and breastfeeding.*

If you drink every day or you “binge” drink, talk with your provider.

### Anesthesia Drugs

Sometimes mothers are told to pump and throw away their milk after they receive *anesthesia* (drugs that make you sleep during surgery). But, very little of these drugs enter your breast milk, and even less are absorbed by your baby. The American Academy of Pediatrics (AAP) and other medical sources agree that anesthesia and most pain medicines do not affect breastfeeding.

If you receive anesthesia, you can start breastfeeding again as soon as you have recovered from the effects of the drug.

### Contraceptives (Birth Control Methods)

Your risk of getting pregnant **in the first 6 months** after giving birth is lower:

- **If** you are feeding your baby **only** by breastfeeding.
- **And** your menstrual periods have not returned.

Still, you may want to use a contraceptive to decrease the chance that you might get pregnant right away. To make sure you have a good plan for contraception after your baby is born, please talk with your doctor about family planning:

- At your prenatal care visits
- In the hospital after you give birth
- At your 6-week postpartum visit

### **Birth Control Without Hormones**

These birth control methods are safe for your baby, do not contain hormones, and do not affect your milk supply:

- Condoms
- Diaphragms
- Cervical caps
- Some IUDs

### **Contraceptives That Contain Hormones**

Contraceptives that contain estrogen may reduce your milk supply. These include some pills, patches, and vaginal rings. Contraceptives that contain progesterone seem to be a better choice during breastfeeding. These include some pills, some IUDs, shots, and implants. Some experts caution mothers to wait to start using any hormones until after their milk supply is established.



*If you drink coffee, limit yourself to 2 servings a day while you are breastfeeding.*

### **Caffeine**

Caffeine enters breast milk in fairly small amounts. It is considered safe for breastfeeding mothers to drink 2 servings a day. One serving is about 8 ounces of coffee (150 mg of caffeine).

In a study of breastfed infants whose mothers had 8 to 9 servings of caffeine a day, the babies had problems sleeping and were more fussy than usual.

### **Cocaine**

**If you use cocaine, do not breastfeed.** Babies can have severe health problems from exposure to cocaine through breast milk.

They can:

- Have seizures
- Be very fussy

- Have diarrhea
- Vomit

If you plan to stop using cocaine so that you can breastfeed, get help from a drug treatment program.

If you are breastfeeding and you use cocaine, pump and discard your milk for at least 36 hours after using the drug.

Do **not** let people use cocaine around your baby. Secondhand smoke from freebased cocaine can cause the same symptoms in your baby as it does in the user.

## **Methadone**

Women who are on methadone maintenance can breastfeed their infants, according to the AAP.

## **Cold Medicines**

The AAP says it is OK for breastfeeding mothers to use decongestants, but these medicines may reduce your milk supply. If your milk production is already low, do not use decongestants.

A saline nasal spray or nasal wash with sterile water can help clear nasal congestion. It can also help you recover from a cold faster.

## **Local and Dental Anesthetics**

Numbing medicines (*anesthetics*) for dental work or other procedures are usually found only at very low levels in breast milk. You do not need to stop breastfeeding if you are given local anesthetics.

## **Marijuana**

Do **not** breastfeed for several hours after using marijuana. The drug can reach high levels in breast milk. Marijuana:

- Delays your baby's motor development
- May inhibit the hormones you need for breast milk production
- May impair your ability to care for your baby well

## **Pain Medicines**

- **Acetaminophen (Tylenol and other brands):** Only small amounts of acetaminophen get into breast milk. The AAP says it is OK for breastfeeding mothers to use acetaminophen.



*Talk with your healthcare provider about taking cold medicines while you are breastfeeding.*

- **Ibuprofen (Advil, Motrin, and other brands):** Ibuprofen gets into milk in very low levels. The AAP approves ibuprofen for use by breastfeeding mothers.
- **Naproxen (Aleve, Naprosyn, and other brands):** Naproxen is approved for use by the AAP. But, because it stays in your body longer than acetaminophen or ibuprofen, some nursing mothers choose those pain medicines instead.



*If you smoke, it will harm your baby, both before and after birth.*

## Tobacco

**Make every effort to stop smoking during pregnancy and while you are breastfeeding.** Nicotine passes easily into breast milk. The more cigarettes you smoke, the more nicotine is in your breast milk. Nicotine can:

- Decrease your milk supply
- Cause these symptoms in your baby:
  - Vomiting
  - Diarrhea
  - Restlessness
  - Colic

If you cannot stop all the way, smoke as little as possible. **Never** smoke just before nursing. **Never** smoke in the room your baby is in. Also, do not let others smoke near you and your baby.

## Ultrasound, X-rays, and Radiopaque Dyes

The American College of Radiology says that nursing mothers do not need to stop breastfeeding if they have an ultrasound or an X-ray. Even if you need to take *contrast* (X-ray dye) for a test, only very small amounts of the dye enter your breast milk. The iodine in these dyes is not absorbed by your baby.

## Foods You Avoided During Pregnancy

Some foods that you avoided while you were pregnant are OK to eat while you are breastfeeding. These include soft cheeses, sushi, and luncheon meats.

### Questions?

Your questions are important. If you have questions about medicines and other substances and breastfeeding, call Lactation Services at 206.598.4628.

**Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.**