



Pharmacy Lactation Support



Encouraged

For most common illnesses (cold, flu, COVID-19, etc.), breastfeeding should continue.



Benefits

Breastmilk contains antibodies and immune-boosting properties that help protect the baby.

Pharmacists play a critical role in protecting and promoting lactation.



Many medications are compatible with breastfeeding

Direct patients to lactation-friendly providers for extra support

More Resources

Durham Department of Public Health:

- 919-560-7732

Durham WIC:

- 919-956-4042

Family Connects:

- 919-385-0777

La Leche League:

- 919-622-8787
- LLLdurham.org

REMEMBER!

- ✓ Always check LactMed or eLactancia before advising on medications.
- ✓ Recommend lactation-safe alternatives when possible.
- ✓ Encourage continued breastfeeding unless medically necessary to stop.
- ✓ Be an advocate—inform patients about community lactation support!
- ✓ Familiarize yourself with Pumping and Storage



Support & Resources

Pharmacists Role in Breastfeeding Support

- Many medications are compatible with breastfeeding—use evidence-based resources!
- Direct patients to lactation-friendly providers for extra support.

Trusted Medication & Lactation Resources:

- **LactMed:** NIH's database for drug safety during lactation.
- **e-Lactancia:** Spanish & English database on medication safety.
- **Dr. Thomas Hale's Infant Risk Center:** Physician hotline for medication safety in pregnancy & lactation.
 - **Phone:** (806) 352-2519
 - **Website:** <https://www.infantrisk.com>
 - **App:** InfantRiskHCP
- **UNC Lactation Program:** Evidence-based guidance for common lactation concerns.
- **Academy of Breastfeeding Medicine Protocols:** Clinical guidelines for healthcare providers.
- **MotherToBaby:** Free medication safety guidance for families & professionals.
- **Trash The Pump and Dump:** Website & app clarifying safe medications for lactation.



Our website also has information about:

- **Going back to work while breastfeeding**
- **How family and friends can help**
- **Childcare**
- **Breastfeeding friendly businesses**
- **Food banks and other family support**