

Provider Cheat Sheet for Lactation Related Medications 2020

Thrush/Yeast: Treat mother and infant at the same time.

Route	Medication	Dose	Who	Comments
Topical	Miconazole (preferred)		Mother	Over the Counter, not on formulary
	Clotrimazole (2 <sup>nd</sup> choice)			On formulary
	Nystatin		Mother and infant	At least 14 days due to resistance
	1% gentian Violet		Mother and infant	Messy and stains everything
Jack Newman, MD FAAP	All Purpose Nipple Ointment	Mupirocin 2% ointment 15 grams Betamethasone 0.1% ointment 15 grams Miconazole powder concentration compounded to 2% Total 30+ grams Apply sparingly, after feeds 4 times daily.	Mother	Do not wash or wipe it off prior to the next feeding. Prescription required and prepared by compounding pharmacist.
Dr Thomas Hale	All-purpose Nipple Ointment	Hydrocortisone ointment 1% Polysporin ointment Mix in equal parts and apply to the affected nipple area after feedings. All ingredients are over the counter.	Mother	Use Polysporin cautiously can cause allergic dermatitis can use Bactroban instead requires a prescription.

Systemic Oral	Diflucan	400 mg first day; then 200mg daily for a minimum of 10 days	Mother and infant	Both in severe cases. Single dose treatment is ineffective
	Nystatin oral suspension or Miconazole oral gel		Infant	

Mastitis:

Route	Medication	Dose	Who	Comment
Oral Analgesic and Anti-inflammatory	Ibuprofen		Mother	Helps with let-down reflex and effective in reducing inflammatory response.
Oral Antibiotic course duration is 10 days				
Please see the ANMC Mastitis Treatment Guideline	Cephalexin (Keflex)	1000 mg by mouth three times a day x 10 days	Mother	Safer for mother with suspected Penicillin allergy.
	Clindamycin (Cleocin)	300 mg by mouth three times a day X 10 days	Mother	Often effective against MRSA. Suggested for cases of severe penicillin hypersensitivity.
Consider Adding supplement if recurrent plugged ducts or mastitis	Lecithin	3600-4800 mg lecithin per day, or 1 capsule (1200 milligram) 3-4 times per day.  Maintenance dose: reduce dosages by one capsule	Mother	After 1-2 weeks with no blockage mom can reduce to maintenance dose After 2 more weeks of no blockage mom can reduce by 1 more capsule. Some mothers may need to continue taking 1-2 capsules per day for the

				duration of breastfeeding.
--	--	--	--	----------------------------

Raynaud's:

Route	Medication	Dose	Who	Comments
Oral	Nifedipine	30-60mg sustained release daily Or 10-20mg three times a day for 2 weeks initially	Mother	Longer treatment may be necessary for some women.

Involution (drying up) of milk supply:

Route	Medication	Dose	Who	Comments
Oral Dr Thomas Hale, Mothers Milk and Medications 2021	Cabergoline	1 mg within 24-27 hours after delivery. Or For suppression of established milk supply 0.25 mg twice weekly, increased by 0.25mg twice weekly at 4-week intervals; Max 1 mg twice weekly.		Single dose has been found to completely inhibit lactation, but a second dose can be given if needed.
Oral	Pseudoephedrine	1 dose: 60 mg		Over the counter, can dramatically decrease milk supply with 1 dose

References:

Academy of Breastfeeding Medicine. (2020). ABM Clinical Protocol #4: Mastitis. Revised March 2014. Retrieved on June 30, 2020.

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/4-mastitis-protocol-english.pdf>

Academy of Breastfeeding Medicine. (2020). ABM Clinical Protocol #26: Persistent Pain with Breastfeeding. Retrieved on June 30, 2020.

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/26-persistent-pain-protocol-english.pdf>

American Family Physician. (2008). Management of Mastitis in Breastfeeding Women. 78 (6). Retrieved on June 30,

2020. <https://www.aafp.org/afp/2008/0915/p727.html>

Hale, T. (2021). *Hale's Medications and Mothers' Milk*. Springer Publishing Co., LLC.

Lactation Education Resources. (2020). All Purpose Nipple Ointment. Retrieved on June 30, 2020.

<https://www.lactationtraining.com/resources/educational-materials/handouts-professionals?task=document.viewdoc&id=46>