

Parent Wellbeing Tip Sheet



Other Drugs and Medication

While you are pregnant or raising a young child it is important to avoid drugs and carefully manage prescription medication.

Drugs can impair your parenting skills and negatively affect your baby's health. Some drugs and medicines can reach your baby through your breast milk.

These are some simple tips to follow:

- Avoid using drugs that create smoke, the smoke can be transferred to your baby through passive smoking, your breath, your clothes, and your skin.
- If you must use a drug that creates smoke, do it outside.
- If you are breastfeeding, check the safety of any prescription or over-the-counter medications with your doctor, pharmacist or call [NPS Medicines Line](#) (9 am-5 pm AEST) on 1300 633 424.
- For more information see [King Edward Memorial Hospital drugs and breastfeeding](#) and [Breastfeeding and prescription medicines](#)
- Remember that about 1% of caffeine you consume will enter your breast milk, reaching a peak level about one hour after consumption.
- Most breastfeeding mothers can consume a moderate amount of caffeine (eg a few cups of coffee or cola each day) without it affecting their babies.
- Limit your intake of strong coffee or soft drinks high in caffeine in the first few weeks of breastfeeding, because newborn babies process caffeine slowly and may show more sensitivity to caffeine consumed in breast milk than older infants (6 months).
- Monitor your breast fed baby for effects of your intake of different levels of caffeine. Your baby may become unhappy, jittery, and sleep poorly with your increased intake.