



# 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 e-Lactancia 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



BreastfeedDurham.org

## 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.



**SCAN ME!**



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

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