

Pregnancy and Breastfeeding

Pocket Guide

Advice for
treating common
conditions and on
frequently
used products



Introduction

The **Pregnancy and Breastfeeding Pocket Guide** is for women who are planning a pregnancy or who are pregnant or breastfeeding and for their families and healthcare professionals. It provides information about over-the-counter drugs to treat common health problems. It also contains information on non-pharmacological measures and advice about common products.

The information in this booklet should only be used as a guide. It is not meant to suggest any medical course of action and does not take into consideration interactions with other medications. We recommend to consult a healthcare professional at all times.

The brands listed in this booklet are only examples to help you recognize products. Consult your pharmacist to know which products are best for you.

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Pregnancy

General advice

- ✿ For your well-being, start by taking the steps to stay healthy, such as getting plenty of rest, eating healthy foods, maintaining good oral hygiene and staying hydrated.
- ✿ Unless contraindicated by your healthcare professional, it is recommended that you engage in light to moderate physical activity. If you aren't used to exercising, you should start gradually.
- ✿ Talk to your healthcare professional if you experience any discomfort or have health concerns.
- ✿ During pregnancy, some medications can be used safely while others must be avoided. You should consult your healthcare professional.

Common discomforts

of pregnancy

Constipation

- ✦ Increase your intake of fibre-rich foods (e.g., whole-grain bread and cereal, fresh or dried fruits).
- ✦ Drink water to stay hydrated.
- ✦ Exercise regularly, depending on your fitness level and according to your healthcare professional's advice.
- ✦ Drinking prune juice may help relieve constipation.
- ✦ If these measures are not enough:
 - › Take a fibre supplement such as psyllium or inulin. You can also use capsules of docusate (e.g., Colace™, Surfak™) or polyethylene glycol-3350 (PEG-3350) (e.g., RestoraLAX™, Lax-A-Day™). These medications can take up to 72 hours to start working.
 - › If you have not had a bowel movement in 3 days, you can use a glycerin suppository.

Hemorrhoids

- ✎ Avoid constipation by following the advice on the previous page (see “Constipation”).
- ✎ Sleep on your left side and avoid sleeping on your back.
- ✎ Avoid standing or sitting for long periods of time.
- ✎ Take lukewarm sitz baths.
- ✎ Apply witch-hazel and glycerin compresses (e.g., Tucks™) or zinc ointment (e.g., Anusol™).
- ✎ If these measures are insufficient, your healthcare professional can recommend other treatments.
- ✎ If you experience bleeding, you should always consult your doctor.

Heartburn and gastric reflux

- Eat light meals. Avoid spicy, acidic and fatty foods as well as caffeine.
- Raise the head of your bed by 15 cm (about 6 inches).
- Avoid eating or drinking 3 hours before going to sleep.
- If these measures are ineffective:
 - › Try an antacid containing alginate or magnesium, calcium or aluminium salts (e.g., Gaviscon™, Maalox™, Diovol™, Tums™). Ask your pharmacist to choose the medication that is best for you.
 - › Take the antacid 2 hours before or after taking other medications. If you are taking other medications, don't hesitate to consult your pharmacist to avoid drug interactions.
 - › Consult your healthcare professional if these measures are not helpful or if you experience other symptoms such as headaches or fever (see "Fever").

Nausea and vomiting of pregnancy

- ✦ Get some rest.
- ✦ Avoid strong odours.
- ✦ Stay hydrated by frequently drinking small amounts of water or an oral rehydration solution (e.g., Gastrolyte™, Pedialyte™).
- ✦ Eat small meals and snack often, even before you feel hungry.
- ✦ Eat foods that you crave; include foods rich in protein, such as nuts, eggs, legumes, etc.
- ✦ Vitamin B6 (pyridoxine) and dimenhydrinate (e.g., Gravol™) can be used during pregnancy. Consult your pharmacist to know the dose that is best for you.
- ✦ In case of persistent nausea or vomiting, consult your healthcare professional, who can recommend the right medication to treat your symptoms and prevent further complications.
- ✦ Consult your healthcare professional right away if you:
 - › Experience severe and persisting vomiting.

- › Are not able to eat or drink.
- › Show signs of dehydration (e.g., dry mouth, dark urine, less urine than usual).



Pain / headache / back pain

- ✚ Relax and get some rest.
- ✚ Some kinds of exercise, like swimming, can help prevent or relieve back pain. Other non-pharmacological methods, such as stretching your muscles, relaxation techniques or massages, can also help ease the pain.
- ✚ Acetaminophen (e.g., Tylenol™, Atasol™) can be taken to ease the pain. Consult your doctor if the pain persists for more than a few days or if other symptoms appear.
- ✚ For muscle aches, you can apply a trolamine salicylate cream a few times (e.g., Myoflex™ regular strength cream). Avoid applying this product to a large area and avoid applying a heat source at the same time.

Other conditions

Gastroenteritis (stomach flu)

- ✦ Stay hydrated by frequently drinking small amounts of water or an oral rehydration solution (e.g., Gastrolyte™, Pedialyte™).
- ✦ If possible, eat small meals before you start feeling hungry.
- ✦ Wash your hands frequently.
- ✦ Get some rest.
- ✦ Dimenhydrinate (e.g., Gravol™) can be taken if needed. Consult your pharmacist to know the best dose for you.
- ✦ Consult your healthcare professional if the symptoms persist. You should talk to a doctor immediately if you experience severe and persistent vomiting, if you show signs of dehydration (e.g., dry mouth, dark urine, less urine than usual) or if you have a fever (see “Fever”).

Seasonal allergies

- ✿ Try to avoid exposure to allergy triggers.
- ✿ Keep your car and house windows closed during high counts of pollen (spring and summer) or mould spores (end of summer and autumn) in the air.
- ✿ You can use these antihistamines:
 - › Loratadine (e.g., Claritin™)
 - › Cetirizine (e.g., Reactine™)
 - › Desloratadine (e.g., Alerius™)
 - › Chlorpheniramine (e.g., Chlor-Tripolon™)
 - › Diphenhydramine (e.g., Benadryl™)
- ✿ Intranasal corticosteroid sprays can be used during pregnancy if your main symptom is nasal congestion. Talk to your pharmacist to choose the best option for you.
- ✿ If your symptoms persist, consult your health-care professional.

Cough

- Drink plenty of water to help eliminate secretions.
- Dextromethorphan syrup (e.g., Balminil™ DM, Benylin™ DM) can be used to help relieve a dry cough.
- Consult your doctor if the cough persists, if your cough is productive (wet) with greenish mucus, or if you have a fever (see “Fever”).

Sore throat

- Gargling with salt water for 15 seconds every hour can help relieve sore throat:
 - › **Salt water recipe for sore throat:** add ½ tsp (2,5 ml) of salt to 1 cup (250 ml or 8 oz.) of cooled boiled water. It is important to use precise measurements.
- Throat lozenges or cough drops can be used.
- Acetaminophen (e.g., Tylenol™, Atasol™) can also help relieve the pain of a sore throat.
- See your doctor if you have difficulty swallowing, if your symptoms persist beyond 3 days, or if you have a fever (see “Fever”).



Nasal congestion and cold

- ✎ You can use a humidifier.
- ✎ You can first try to rinse your nose with a saline solution (e.g., Salinex™, Sinus Rinse™ or a homemade recipe):
 - › **Salt water recipe for nasal congestion:** add ½ tsp (2,5 ml) of salt (no more) to 1 cup (250 ml or 8 oz.) of cooled boiled water. It is important to use precise measurements.
- ✎ If rinsing your nose is not enough, you can try nasal decongestant sprays such as xylometazoline (e.g., Otrivin™) or oxymetazoline (e.g., Dristan™ Long Lasting Nasal Mist) as advised on the product label. Do not use these products for more than 3 days. Extended use can aggravate your congestion.
- ✎ If your nasal congestion persists after the period of treatment, consult your healthcare professional.

Fever

- ✎ Drink plenty of water to stay hydrated.
- ✎ Take a bath with cool water, but avoid ice baths and do not apply rubbing alcohol.
- ✎ Take acetaminophen (e.g., Tylenol™, Atasol™) to bring the fever down.
- ✎ Get evaluated by a healthcare professional if you have an oral temperature between 38 °C and 38,4 °C (100,4 °F and 101 °F) that lasts for more than 24 hours or an oral temperature of 38,5 °C (101,3 °F) or above taken twice.

Vaginal infection

- ✎ If you think you have a vaginal infection, always consult your healthcare professional for the right treatment during pregnancy.

Head lice

- ✎ If you find head lice or nits (eggs) in your hair, use head lice treatments as soon as possible.
- ✎ Check all family members for head lice. Only children or adults with live lice and nits should be treated.
- ✎ Products that can be used during pregnancy:
 - › Permethrin 1% (e.g., Nix™ or Kwellada-P™)
 - › Pyrethrin and piperonyl butoxide (e.g., R&C™)
 - › Dimethicone (e.g., NYDA™)
 - › Isopropyl myristate and cyclomethicone (e.g., Resultz™)
- ✎ Ask your pharmacist for advice on which product to use and on how to properly use it.
- ✎ It is important to remove head lice and nits by using a special fine-toothed comb on the day of the treatment and on days 2, 11 and 17 following the first application. You should also properly wash all the personal items of anyone with an infestation.

Common products

Vaccines

- ✦ Some vaccines are recommended during pregnancy to protect both the mother and her baby from certain infections. This is the case for the flu vaccine and the pertussis vaccine.
- ✦ Consult your healthcare professional to find out if you might need other vaccines during your pregnancy.

Vitamins

- ✦ **For your baby's health:** Start taking multivitamins with folic acid before conception and throughout the first trimester. Supplements containing folic acid can reduce the risk of certain birth defects (e.g., spina bifida, heart defects).
- ✦ **For your health:** Take your prenatal multivitamin supplements throughout pregnancy to prevent anemia and other vitamin deficiencies.

- ✎ Choose multivitamin supplements that are specifically formulated for pregnant women. Take the recommended dose.
- ✎ Your healthcare professional can recommend the best supplements for you.

Natural health products

- ✎ It can be difficult to evaluate some natural health products and their possible effects during pregnancy. Talk to your healthcare professional if you want to use a natural health product.

Artificial sweeteners

- ✎ There is no evidence that small amounts of artificial sweeteners like those found in chewing gum, soft drinks and other products are harmful during pregnancy.
- ✎ Avoid using large quantities of these products as a substitute for table sugar.

Sunscreens

- ✿ Use a sunscreen with a sun protection factor (SPF) of 30 or above. These creams are only absorbed in small amounts into the skin.
- ✿ Avoid overexposure to the sun.

Insect repellents

- ✿ Wear loose clothes, long-sleeved shirts and long pants with light-coloured fabrics.
- ✿ Avoid mosquito habitats (shallow standing water) and tick habitats (tall grass).
- ✿ Avoid being outside at dawn and dusk.
- ✿ Avoid wearing fragrance.
- ✿ Choose insect repellents that contain no more than 30% DEET or 20% icaridin.
- ✿ Insect repellents should be applied on clothing and exposed skin only.
- ✿ Wash repellent-treated skin as soon as you come in from outdoors.
- ✿ Do not use products that contain both an insect repellent and a sunscreen.

Hair dyes and perm products

- Occasional use of these hair products is safe during pregnancy if you follow the manufacturer's instructions.
- Make sure you apply these products in a well-ventilated environment.

Alcohol

- Avoid drinking alcohol during pregnancy. There is no known safe amount of alcohol that you can consume during pregnancy.

Caffeine

- Do not consume more than 2 or 3 small caffeinated drinks, such as coffee and colas, per day. Keep in mind that tea and chocolate also contain caffeine.
- Avoid energy drinks, as these often contain large amounts of caffeine and other ingredients, the effects of which are unknown.

Tobacco

- ✦ Avoid smoking during pregnancy. Even a few cigarettes per day can be harmful for your and your baby's health.
- ✦ Avoid exposure to second-hand tobacco smoke as well.
- ✦ Smoking during pregnancy can lead to many complications. For example, your baby could be at a higher risk of premature birth or growth restriction (lower birth weight).
- ✦ Speak with your friends and family or consult a healthcare professional to help you quit. In certain cases, nicotine replacement therapy can be used during pregnancy.
- ✦ Consult the following resources:
 - › The Quit Smoking Centres
Consult the following website to find a Quit Smoking Centre near you:
www.tobaccofreequebec.ca/iqitnow/person-help
A free telephone helpline is available for Quebec residents: 1-866-527-7383

Cannabis

- Cannabis may interfere with the growth and the development of your baby.
- Avoid using all types of cannabis products during pregnancy.

A close-up photograph of a woman with dark hair, wearing a white button-down shirt, breastfeeding her baby. The baby is positioned on the right, facing the woman's chest. The woman's face is partially visible on the left, looking down at the baby. The background is a plain, light color. The word "Breastfeeding" is written in a blue, cursive font across the lower part of the image.

Breastfeeding

General advice

- For your well-being and to promote milk production, get plenty of rest, eat a balanced diet, stay hydrated and breastfeed in a calm environment.
- Talk to your healthcare professional if you experience any discomfort or have concerns.
- While breastfeeding, some medications can be used safely while others must be avoided. Talk to your healthcare professional to get advice.

Common discomforts

Sore nipples

- Sore nipples are often a result of an incorrect breastfeeding position or poor latching by your baby.
 - › Consult a breastfeeding expert (e.g., nurse, midwife, or lactation consultant) to make sure you have the proper breastfeeding technique.
 - › Breastfeed frequently.
 - › After each feeding, apply a few drops of your own milk on your nipples and let them air dry.
 - › You can apply a lanoline-based ointment to alleviate the pain (e.g., Lansinoh™, Tender Care™ Lanolin). Keep in mind that this does not replace proper breastfeeding technique.

Milk “coming in” and breast engorgement

- Breast fullness or milk “coming in” usually occurs 2 to 5 days after giving birth. It is recommended that you breastfeed frequently and let your baby nurse on demand.
- When your breasts swell but remain supple to the touch and your baby can still nurse, this is considered normal fullness.
 - › Apply lukewarm compresses to your breasts for 1 or 2 minutes to encourage milk flow.
- Severe engorgement occurs if you experience these symptoms: your breasts become very hard, tight and warm to the touch, you experience pain, and your baby has difficulty latching.
 - › Apply cold compresses to your breasts to diminish the swelling (be careful to use cold compresses as hot compresses can increase swelling!)
 - › Apply frozen damp towels, a bag of frozen peas or ice chips for 20 minutes. You can also soak cabbage leaves in cold water and apply them for 30 to 40 minutes.

- › Acetaminophen (e.g., Tylenol™, Atasol™) and ibuprofen (e.g., Advil™, Motrin™) can be used during breastfeeding to ease the pain and fever.
- Consult your doctor if you experience any of these symptoms:
 - › You have a fever that persists for more than 24 to 48 hours.
 - › You experience sudden, unexplained breast pain, even if the nipple and areola are normal in appearance.
 - › A hard lump in your breast persists for more than 24 hours.
 - › A sensation of fullness persists for more than 48 to 72 hours, even if your baby is breastfeeding more often and you are applying compresses.
 - › Your baby is unable to breastfeed as usual or you think your baby's mouth may have thrush.
 - › You or your baby have one or more of the above symptoms and your nipples are chapped or cracked.

Insufficient milk production

- If you feel that your milk production is low, you should first check your breastfeeding technique with a breastfeeding expert (e.g., nurse, midwife, or lactation consultant).
- If you still have concerns, consult your health-care professional.

Weakened pelvic floor

- Your pelvic floor muscles may be weakened from the delivery. It is recommended that you do exercises to strengthen this group of muscles, which control bladder function.
- Talk to your healthcare professional if you have any question about these exercises or other methods, such as vaginal cones to strengthen the pelvic floor.

Pain / headache / back pain

- Relax and get some rest.
- Some kinds of exercise, such as swimming, can help prevent or relieve back pain. Other non-pharmacological methods can also help ease the pain. For example, stretching your muscles, relaxation techniques, or massages.
- For neck and back muscle pain, you can apply trolamine salicylate creams locally (e.g., Myoflex™ regular strength cream).
- Acetaminophen (e.g., Tylenol™, Atasol™) and ibuprofen (e.g., Advil™, Motrin™) can be used during breastfeeding to ease the pain.
- Consult a doctor if the pain persists or if other symptoms appear.

Fever

- Drink plenty of water to stay hydrated.
- Take a bath with cool water but avoid ice baths and do not apply rubbing alcohol.
- Acetaminophen (e.g., Tylenol™, Atasol™) and ibuprofen (e.g., Advil™, Motrin™) can be used during breastfeeding to bring down a fever.
- During the 2 weeks following delivery, consult a doctor if your oral temperature is 38 °C (100,4 °F) or higher. In other situations, consult your healthcare professional to decide if you need to consult a doctor.

Vaginal yeast infection

- Vaginal formulations of clotrimazole (e.g., Canesten™) and miconazole (e.g., Monistat™) are safe to use while breastfeeding.
- Consult your healthcare professional if this is the first time you are experiencing vaginal symptoms, if you suffer from a chronic illness (e.g., diabetes), if the symptoms are severe or recurrent, or if your discharge has a foul odour.
- Symptoms should disappear within a week of starting the treatment. Otherwise consult a doctor.

Seasonal allergies

- Try to avoid exposure to allergy triggers.
- Keep your car and house windows closed during high counts of pollen (spring and summer) or mould spores (end of summer and autumn) in the air.
- You can use these antihistamines:
 - › Loratadine (e.g., Claritin™)
 - › Desloratadine (e.g., Alerius™)
 - › Cetirizine (e.g., Reactine™)
 - › Fexofenadine (e.g., Allegra™)
- You can use intranasal corticosteroid sprays if your main symptom is nasal congestion. Talk to your pharmacist to find out what option is best for you.
- If these medications are not helpful and your symptoms persist, consult your doctor or pharmacist.

Cough and sore throat

- Drink plenty of water to help eliminate secretions.
- Gargling with salt water for 15 seconds every hour can help relieve sore throat:
 - › **Salt water recipe for sore throat:** add ½ tsp (2,5 ml) of salt to 1 cup (250 ml or 8 oz.) of cooled boiled water. It is important to use precise measurements.
- You can use throat lozenges or cough drops to relieve sore throat.
- Acetaminophen (e.g., Tylenol™, Atasol™) and ibuprofen (e.g., Advil™, Motrin™) can help relieve sore throat and can be used during breastfeeding.
- To calm a dry cough, you can use a few doses of dextromethorphan syrup (e.g., Balminil™ DM, Benylin™ DM).
- Consult a doctor if:
 - › You have a productive (wet) cough with greenish mucus.
 - › You have difficulty swallowing.
 - › Your sore throat lasts for more than 2 to 3 days.
 - › The cough persists for more than a week.
 - › You have a fever (oral temperature higher than 39°C (102.2 °F)) for more than 5 days or sooner if your temperature keeps increasing.

Nasal congestion and cold

- Stay hydrated by drinking plenty of water.
- You can use a humidifier.
- You can rinse your nose with a saline solution (e.g., Salinex™, Sinus Rinse™ or a homemade recipe):
 - › **Salt water recipe for nasal congestion:** add ½ tsp (2,5 ml) of salt (no more) to 1 cup (250 ml or 8 oz.) of cooled boiled water. It is important to use precise measurements.
- You can try using nasal decongestant sprays such as xylometazoline (e.g., Otrivin™) or oxymetazoline (e.g., Dristan™ Long Lasting Nasal Mist). Do not use these products for more than 3 days. Extended use can aggravate your congestion.
- If your nasal congestion persists, consult your healthcare professional.

Constipation

- Increase your intake of fibre-rich foods (e.g., whole-grain bread and cereal, fresh or dried fruits).
- Drink water to stay hydrated.
- Exercise regularly.
- Drinking prune juice may help relieve constipation.
- If these measures are not enough:
 - › Take a fibre supplement like psyllium or inulin. You can also use capsules of docusate (e.g., Colace™, Surfak™) or polyethylene glycol-3350 (PEG-3350™) (e.g., RestoraLAX™, Lax-A-Day™). These medications can take up to 72 hours to start working.
 - › If you have not had a bowel movement in 3 days, you can use a glycerin suppository.

Gastroenteritis (stomach flu)

- Stay hydrated by frequently drinking small amounts of water or an oral rehydration solution (e.g., Gastrolyte™, Pedialyte™).
- If possible, eat small meals before you start feeling hungry.
- Wash your hands frequently.
- Get plenty of rest.
- Dimenhydrinate (e.g., Gravol™) can be taken for a few doses if needed. Consult your pharmacist for the right dose for you.
- Consult a doctor in these situations:
 - › Persistent vomiting or diarrhea for over 48 hours without improvement.
 - › Diarrhea with fever for over 48 hours.
 - › Diarrhea without fever for more than a week.
 - › If you show signs of dehydration (e.g., dry mouth, dark yellow urine, less urine than usual, dizziness).
 - › If anything else worries you (e.g., blood in your stool, you're not feeling well and your condition is getting worse).

Hemorrhoids and perineum pain

- Avoid constipation by following the advice in the “Constipation” section.
- Avoid standing or sitting for long periods of time.
- Take lukewarm sitz baths.
- Apply witch-hazel and glycerin compresses (e.g., Tucks™) or a zinc or pramoxin ointment (e.g., Anusol™, Anusol Plus™).
- Acetaminophen (e.g., Tylenol™, Atasol™) and ibuprofen (e.g., Advil™, Motrin™) can help relieve the pain and may be used during breastfeeding.
- If these measures are insufficient, your health-care professional can recommend a prescription drug.
- You should always consult your doctor if the pain persists or you experience bleeding.

Heartburn and gastric reflux

- Avoid spicy, acidic and fatty foods as well as caffeine, tobacco and alcohol.
- You can try an antacid containing alginates or magnesium, calcium or aluminium salts (e.g., Gaviscon™, Maalox™, Diovol™, Tums™). Ask your pharmacist for the best medication for you.
- Take the antacid 2 hours before or after taking other medications. If you do take other medications, don't hesitate to consult your pharmacist to avoid drug interactions.
- Other non-prescription drugs may be used. Consult your pharmacist for more information.
- Consult a doctor if your symptoms do not disappear despite these measures, if you experience other symptoms, or if they persist for more than 2 weeks.

Common products

Vitamins

➤ For your health:

- › Your healthcare professional may recommend that you continue taking your prenatal multi-vitamin supplements after giving birth and while breastfeeding. Take the recommended dose.

➤ For your baby's health:

- › All breastfed babies should receive a supplement of 400 units of vitamin D daily.
- › Some babies may need more than 400 units of vitamin D per day. Consult your healthcare professional to know which dose is best for your baby.

Vaccines

- Vaccination is safe during breastfeeding. Breastfeeding mothers should receive all recommended vaccines indicated for the general population as per the prescribed schedule.

Natural health products

- It can be difficult to evaluate some natural health products and their possible effects on breastfeeding and your baby. Talk to your healthcare professional if you wish to use a natural health product.

Artificial sweeteners

- There is no evidence suggesting that moderate use of artificial sweeteners, such as those found in commercial products (e.g., chewing gum, soft drinks), or table sugar substitutes (e.g., Splenda™, NutraSweet™ etc.), is harmful while breastfeeding.

Sunscreens

✿ For your well-being:

- › Use a sunscreen with a sun protection factor (SPF) of 30 or above.
- › Avoid overexposure to the sun.

✿ For your baby's well-being:

- › If your baby is older than 6 months, apply a sunscreen with a sun protection factor (SPF) of 30 or above.
- › Before the age of 6 months, avoid exposing your baby to the sun and don't apply sunscreen on your baby's skin.

Insect repellents

✿ For you:

- › Wear loose clothes, long-sleeved shirts and long pants, with light-coloured fabrics.
- › Avoid mosquito habitats (shallow standing water) and tick habitats (tall grass).
- › Avoid being outside at dawn and dusk.
- › Avoid wearing fragrance.
- › Choose insect repellents that contain no more than 30% DEET or 20% icaridin.

- › Insect repellents should be applied in a thin layer on clothing and exposed skin only.
- › Wash repellent-treated skin once you come in from outdoors.

➤ **For your baby:**

- › If your baby is younger than 6 months, ask your pharmacist which product to choose.
- › If your baby is older than 6 months, you can apply insect repellents with no more than 10% DEET or 20% icaridin. Avoid applying these products on your baby's face or hands and avoid the prolonged use of DEET.

Head lice

- If you find head lice or nits (eggs) in your hair, use head lice treatments as soon as possible.
- Check all family members for head lice by properly checking the scalp and hair. Only children or adults with live lice and nits should be treated.
- Products that can be used during breastfeeding:
 - › Permethrin 1% (e.g., Nix™ or Kwellada-P™)
 - › Pyrethrin and piperonyl butoxide (e.g., R&C™)
 - › Dimethicone (e.g., NYDA™)
 - › Isopropyl myristate and cyclomethicone (e.g., Resultz™)
- Ask your pharmacist for advice on how to properly use these products and how often they should be applied.
- It is important to remove head lice and nits by using a special fine-toothed comb on the day of the treatment and on days 2, 11 and 17 following the first application. You should also properly wash all of the personal items of anyone with an infestation.

Warts

- Topical salicylic acid and cryotherapy (freezing therapy) can be used to treat warts while you are breastfeeding.
- Concentrated salicylic acid solutions (40%) should only be used on areas with thicker skin (soles of the feet).
- Avoid scratching the wart. Don't share personal items like towels that are in direct contact with the wart.
- People with neuropathy (e.g., diabetes, vascular disorders) should always consult a doctor before beginning a treatment.

Alcohol

- It is safe to have 1 or 2 alcohol drinks on a special occasion during breastfeeding.
- You can breastfeed before having a drink and wait 2 to 3 hours per drink before breastfeeding your baby again.
- Regular alcohol consumption while breastfeeding is not recommended.

Caffeine

- Restrict your intake of caffeinated drinks, such as coffee or colas, to no more than 2 to 3 a day. Keep in mind that tea and chocolate also contain caffeine. Breastfed babies may become irritable or have irregular sleep patterns if their breastfeeding mom has caffeinated drinks frequently or in large amounts.
- Avoid energy drinks, as these often contain large amounts of caffeine and other ingredients whose effects on breastfeeding or on the breastfed baby are unknown.

Tobacco

- Babies who live in smoking environments run a greater risk of suffering from conditions such as ear infections, colic, colds, asthma and allergies. They also are at higher risk of Sudden Infant Death Syndrome (SIDS).
- It is recommended that you avoid smoking for your and your baby's health. If you are unable to quit, here are some suggestions:
 - › Do not smoke indoors.
 - › Reduce the number of cigarettes you smoke per day.

- › Do not smoke just before or while breastfeeding.
- Avoid exposing your baby to second-hand tobacco smoke.
- Speak with your friends and family or consult a healthcare professional to help you quit. Some smoking cessation treatments are safe to use during breastfeeding.
- Consult the following resources:
 - › The Quit Smoking Centres
Consult the following website to find a Quit Smoking Centre near you:
www.tobaccofreequebec.ca/iqitnow/person-help
A free telephone helpline is available for Quebec residents: 1-866-527-7383

Cannabis

- The effect of cannabis on the health of your breastfed baby is unknown.
- The best way to protect your baby is to avoid all types of cannabis products while breastfeeding.

Postpartum: Return of fertility

- Breastfeeding may be a contraception method (98% effective) if you can answer **NO** to all of these questions:
 - › Is your baby older than 6 months?
 - › Have your periods resumed? Note that the bleeding that occurs in the first 8 weeks after giving birth is not considered menstruation.
 - › Are you supplementing your breastfed baby with formula milk, juice or solid food?
 - › Are there long breaks between feedings during the day (more than 4 hours) or at night (more than 6 hours)?

If you answered **YES** to one of these questions, breastfeeding will not prevent you from becoming pregnant. You should consult a healthcare professional for advice on family planning. Different birth control methods can be used. If you are not breastfeeding, you can ovulate as early as 3 weeks after delivery.

[illegible]

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