

Breastfeeding Traffic Light

Green Light

This substance may continue to be used by the parent providing human milk.
The parent may continue to breastfeed or provide expressed human milk.

Substance or Condition	Special Considerations
Acetaminophen + oxycodone (Percocet)	When the substance is prescribed. If NAS is observed in the infant, continue to encourage human milk feedings.
Buprenorphine (Subutex)	When the substance is prescribed as part of a treatment program. If NAS is observed in the infant, continue to encourage human milk feeding.
Buprenorphine + Naloxone (Suboxone)	When the substance is prescribed as part of a treatment program. If NAS is observed in the infant, continue to encourage human milk feeding.
Caffeine	Moderate intake. If the infant appears jittery or irritable, reducing caffeine consumption may be advised.
Lorazepam	When the substance is prescribed. If NAS is observed in the infant, continue to encourage human milk feeding.
Methadone	When the substance is prescribed as part of a treatment program. If NAS is observed in the infant, continue to encourage human milk feeding.
Selective Serotonin Reuptake Inhibitors (SSRIs) <ul style="list-style-type: none"> citalopram (Celexa) escitalopram (Lexapro), fluoxetine (Prozac) fluvoxamine (Luvox) paroxetine (Paxil) sertraline (Zoloft) 	Some SSRIs are preferred over others; however, all SSRIs are considered compatible with breastfeeding . Discussion regarding specific SSRIs and interactions between multiple medications can occur between the parent, lactation, and prescriber. If NAS/toxicity is observed in the infant, continue to encourage human milk feedings.

Yellow Light

This substance may continue to be used by the parent providing human milk **with caution, but it is recommended to reduce or eliminate use**. The parent may continue to breast feed or feed expressed human milk **under the specified conditions**.

Substance or Condition	Special Considerations
Cannabis	Data is insufficient to determine if parental cannabis use is safe for the infants receiving human milk. At this time, while the parent may continue to provide human milk, it is strongly encouraged to stop cannabis use.
Hepatitis B	Human milk feedings should not be delayed for the infant to receive the Hep B immunization. In the case of an open wound on the nipple, the parent should temporarily suspend breastfeeding until the wound has healed while pumping to support milk supply. Contact lactation services for a consultation.
Hepatitis C	In the case of an open wound on the nipple, the parent should temporarily suspend breastfeeding until the wound has healed while pumping to support milk supply. Contact lactation services for a consultation.
Herpes, inactive or active with no lesions on the breast	When herpes is active with lesions present on the breast, breastfeeding should be suspended until the lesions have resolved. The parent should pump to support milk supply. Contact lactation services for a consultation.
Nicotine	Parent should be encouraged to reduce or eliminate nicotine use. Human milk feeding may continue while reducing or eliminating nicotine use. Recommendations include smoking after, not before, feeding and smoking outside the infant's home.

Red Light

This substance is **contraindicated** for use with human milk feeding.
The parent **may not** continue to provide human milk with the listed diagnosis or condition.

Substance or Condition	Special Considerations
Cocaine	Street drugs are contraindicated during human milk feedings. See lactation services for the Academy of Breastfeeding Medicine's recommendations for birthing persons with cocaine substance use disorder.
Heroin	Street drugs are contraindicated for human milk feedings. Birthing persons who admit to heroin use during pregnancy should be encouraged to provide human milk during their hospital stay and enter a drug treatment program, but discontinue human milk feedings if they plan to continue heroin use.
HIV	The CDC advises against breastfeeding for HIV+ persons with a detectable viral load. An adequately counseled person receiving anti-retroviral therapy with sustained undetectable viral load during pregnancy and the post-partum period with established follow up should be supported but aware that while transmission is less than 1%, it is not zero.

References

Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease

Prevention and Health Promotion. (2023). *Breastfeeding*. Retrieved from

<https://www.cdc.gov/breastfeeding/index.htm>

Recommendation for the use of Antiretroviral Drugs During Pregnancy and Interventions to

Reduce Perinatal HIV Transmission in the United States (2023)

<https://clinicalinfo.hiv.gov/en/guidelines/perinatal/infant-feeding-individuals-hiv-united-states>

U.S. National Library of Medicine, National Institutes of Health, Health & Human Services.

(2018). Lactmed: A toxnet database. Retrieved from

<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>