



# Managing NASAL CONGESTION While Breastfeeding

## Home Remedies

Steam inhalation



Using a cool mist humidifier in the bedroom



Staying hydrated with plenty of water



Drinking honey and lemon-infused hot water



Using a neti pot to flush out the mucus



## Alternative Safer Medicines

Medicines containing guaifenesin.  
E.g., Robitussin

Medicines containing dextromethorphan.  
E.g., Robitussin DM



### References:

1. Pregnancy; Breastfeeding, and the Common Cold; Nationwide Children's
2. Taking Medicine while Breastfeeding; Health Service Executive
3. Over The Counter Medications While Breastfeeding; IABLE