



Safety Tips For

Lactating

Mothers

On Benadryl

Take the minimum dose possible and schedule it at night before bed to ensure enough gap between feeding sessions.



Avoid sleeping with the baby on the same bed when on medication to prevent accidentally rolling over due to Benadryl-induced drowsiness.



Feed the baby just before you take Benadryl. It takes about two hours for Benadryl to reach peak serum concentrations.



You may also store expressed milk before taking Benadryl.



If possible, alternate between breastfeeding and bottle-feeding formula for the duration you are on the medication.



Reference

1. Drug Safety in Lactation; MedSafe