

Education for New and Expecting Mothers about Compatible Medications to Take During Lactation

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Abstract

In the United States, over 81% of women breastfeed their children. As this number continues to rise, a need for education on safe lactation-compatible medications is increasing. This study aims to educate new and expecting mothers about compatible medications to take during lactation.

with lactation. The session addressed and educated the most common supplements, over-the-counter (OTC) and prescription medications. Discussions on supplements included such items as caffeine and melatonin and OTC products included common cold, allergy and headache medications. Prescription medications were briefly mentioned and it was stressed to consult a physician when continuing medications while nursing. The educational information session also gave a demonstration of where to look for active ingredients on a label. The session lasted approximately 30 minutes and another assessment was given at the conclusion of the session. This assessment asked the exact same questions as the pre-session assessment in order to gauge newly acquired knowledge.

Both assessments were graded by the preceptor and the goe

