



BREASTFEEDING AND ALCOHOL USE

Can you breastfeed after drinking? Do you need to pump and dump? The answers are a bit complicated. Here's what we know.



HERE IS WHAT THE ACADEMY OF BREASTFEEDING MEDICINE'S (ABM) CLINICAL PROTOCOL STATES:

“Breastfeeding should be avoided after moderate to high alcohol consumption. Occasional intake of more modest amounts of alcohol during lactation and waiting 2 hours per drink consumed to resume breastfeeding is likely safe.”

OKAY, THAT SOUNDS SCARY, SO WHAT ARE THE RISKS?

Baby may be more drowsy than usual, and their sleep and eating routine may be impacted. There isn't much known about the long-term consequences of breastfeeding and alcohol use. You may also notice a decrease in your milk production while drinking.

SO DO I NEED TO PUMP AND DUMP?

What you need to know about timing, breastfeeding, and alcohol.



Alcohol Levels in breast milk are at the highest 30-60 minutes after drinking, and then decrease quickly.



Pumping doesn't get rid of alcohol faster

Your body doesn't "keep" your higher alcohol-content milk after you are sober.



Alcohol testing strips are extremely sensitive, and often show false positives.

SOME MORE INFORMATION TO CONSIDER

When drinking, the amount of alcohol in breast milk is less than 16% of the volume in the mother's blood.



**Mother's Blood Alcohol
Level = .09**

**Breastmilk Alcohol
Level = .0144**

(Legally Intoxicated)



.16%
Orange Juice
3.5 ounces



.29-.86%
Grape Juice
3.5 ounces



.06-.66%
Apple Juice
3.5 ounces



**BREASTFEEDING
USA RECOMMENDATIONS**



If you are planning on drinking, have one right after pumping or nursing.

Pump if you're uncomfortable, or if you are going to miss a feeding

Generally, if you're safe to drive, your safe to nurse.