

Breastfeeding?



What you should know about codeine and tramadol (Ultram):

- The US Food and Drug Administration (FDA) recommends avoiding the use of codeine and tramadol (Ultram) while breastfeeding.
- Codeine and tramadol are opioid pain medicines. Codeine is also found in some cough and cold medicines.
- Some women's bodies process codeine and tramadol very quickly. This can cause more of the active ingredient in these medicines to get into breast milk.
- If an infant gets too much of these active ingredients from the breast milk, it can cause extreme sleepiness, serious breathing problems or even death.

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What you can do:

- Talk to your healthcare provider about managing your pain with medicines that are not opioids (such as acetaminophen, ibuprofen or other NSAIDs).
- If you still need to manage your pain with an opioid (other than codeine or tramadol), talk to your healthcare provider about taking these medications while breastfeeding.
- Watch your infant carefully for any unusual drowsiness or breathing problems. If you notice these, call your infant's doctor right away.
- Avoid cough and cold medicines that contain codeine.

If you have questions about medicines and breastfeeding, talk to your healthcare provider or call:

MotherToBaby NC
1 (800) 532-6302



Mission Breastfeeding Center
(828) 213-1103



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