

<b>Intended Users:</b>	<b>Healthcare Providers</b>	<b>Information Professionals</b>	<b>Researchers</b>
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## LactMed Drugs and Lactation Database

**Description:** LactMed, developed by the National Institute of Child Health and Human Development, is an online database that provides peer-reviewed information on more than 1,900 drugs and chemicals that breastfeeding people and their infants may be exposed to.

LactMed has information about substances that can be found in breastmilk or in an infant's blood, and possible adverse side effects in nursing infants. This resource provides information about possible alternative medicines and links to related medical literature. It is updated monthly.

### Popular uses of this product:

<b>Healthcare Providers</b>	<b>Information Professionals</b>	<b>Researchers</b>
<ul style="list-style-type: none"> <li>• Read summaries of and case studies about the risks of using certain medications for pregnant or breastfeeding patients.</li> <li>• Find alternative medications for pregnant or breastfeeding patients.</li> </ul>	<ul style="list-style-type: none"> <li>• Help patrons find the correct drug name to look up in LactMed.</li> <li>• Help patrons find referenced PubMed articles and related medical literature.</li> <li>• Download a PDF version of LactMed to access offline.</li> </ul>	<ul style="list-style-type: none"> <li>• Download normalized and peer-reviewed data from referenced medical literature for analysis.</li> <li>• View adverse effects of a drug on breastmilk and infants.</li> <li>• Find summaries of drug levels in breastmilk and effects on infants.</li> </ul>

### Key Points:

1. LactMed provides information about the presence of certain chemicals, medications, or substances in breastmilk and the potential for adverse effects in nursing infants.
2. Information in LactMed is based on biomedical literature in PubMed and is peer reviewed by subject specialists.

### Potential Predicaments:

1. LactMed entries contain medical jargon. Refer consumers to MedlinePlus for information about drugs in breastmilk.
2. Information about new treatments or drugs may not be immediately available on LactMed. The most current research may be found on other sites such as PubMed.
3. LactMed is in the public domain, so information can be freely used and distributed. However, if someone wishes to translate the information, they must agree to NIH's terms and conditions.

### Teaching Examples:

1. Have participants search for "aspirin." Identify one listed reason why aspirin may be unsafe to take while pregnant. Find a drug that pregnant or breastfeeding people can take as a potential alternative. Review the References and find a freely available article on PubMed Central.
2. Have participants search for "acetaminophen." On the right-hand side, under "LactMed Support Resources," select "Drugs and Lactation Database (LactMed) - Record Format." Under the section "Drug Levels" have participants identify what "Infant Levels" means.

### Real Life Examples:

1. A doctor has a pregnant patient who is currently taking a selective serotonin reuptake inhibitor (SSRI) medications, which are medications that are typically used as antidepressants. The doctor uses LactMed to review medication risks for the patient or their infant, and if there are any suitable alternative medications.

2. A nurse uses information on LactMed to learn about the symptoms an infant may exhibit if they consume specific drugs through breastmilk.

**More Information:**

[User and Medical Advice Disclaimer](#)

[Additional Breastfeeding Resources](#)

[Fact Sheet](#)

**Commercial Equivalents:**

[Drugs.com](#) – For consumers. Provides pill identification and medication information, including a list of medications safe to take while pregnant or breastfeeding.