

WHAT LUPUS MEDICATIONS ARE COMPATIBLE WITH BREASTFEEDING?

In our experience, the majority of women with lupus want to breastfeed and most are able to do so. There is good data supporting the safety of most lupus medications into breastmilk. This means that many women can continue to treat their lupus while safely breastfeeding their infant.

COMPATIBLE WITH BREASTFEEDING

Azathioprine
 Chloroquine
 Cyclosporine
 Hydroxychloroquine
 Ibuprofen
 IVIG (immunoglobulin)
 Prednisone
 Tacrolimus

VERY LIKELY SAFE BUT LIMITED DATA

Belimumab
 Rituximab
If they do transfer into milk, the baby's stomach will probably digest them.

NOT COMPATIBLE WITH BREASTFEEDING / NOT ENOUGH DATA

Cyclophosphamide (Cytoxan)
 Methotrexate
 Mycophenolic (CellCept)
 Mycophenolic acid (Myfortic)

If you are on other medications and want to check their compatibility with breastfeeding, refer to LactMed:
<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>



You don't need to Pump and Dump your milk! There is very minimal transfer of the 'compatible' medications, so there is no need to throw away the milk that you make after taking a medication.

Breastfeeding can be harder than you think it will be! It seems like breastfeeding should be natural and obvious, but many new mothers and infants struggle to get started.

Breastfeeding can be exhausting, too, which can be particularly hard for new mothers with lupus.

Be sure to learn about breastfeeding before you deliver. We recommend meeting the local lactation consultants before and/or soon after delivery - they can be a huge help in the first days and weeks of feeding your baby.

All women with lupus also need to be realistic about how much they can do - if you find yourself getting worn out, really anxious, or upset with breastfeeding, be open to taking a break by having someone else do some feedings with a bottle.

Many infants get formula and do great - sacrificing your health to breastfeed isn't required to be a good mom!