



## **Information for Patients**

### **Breastfeeding and Contrast Media**

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#### **Information for women who are breastfeeding**

You may receive contrast (dye through a needle in your vein or artery) during your Medical Imaging exam or procedure. The contrast improves the accuracy of your exam or procedure, allowing the Radiologist to see some parts of the body more clearly.

#### **Can I still breastfeed after receiving contrast?**

After your exam or procedure with contrast, you can continue to breast feed normally.

Only a tiny amount of the contrast passes through to your breast milk, and a small percentage of that amount is absorbed by your baby. The SickKids Motherisk Program and the American College of Radiologists agree that it is safe for you and your baby to continue breastfeeding.

#### **If you are still worried about harm to your baby:**

- Express/pump and discard your breast milk from both breasts every 3 hours for at least 15 minutes, for 12 to 24 hours after the contrast injection. Do not stop breastfeeding for more than 24 hours. Refraining from pumping may decrease your breast milk supply or may result in breast engorgement.
- During this time you can feed your baby with stored breast milk or formula.
- Consider consulting a lactation consultant about different ways to feed your baby during this time. Giving your baby a bottle may make it harder for your baby to latch on when resuming breastfeeding.
- Resume breastfeeding 12 to 24 hours after your exam or procedure.

#### **References:**

American College of Radiology Committee on Drugs and Contrast Media (2016). ACR Manual on Contrast Media (Version 10.2).

SickKids Motherisk Program

[http://www.motherisk.org/prof/updatesDetail.jsp?content\\_id=856](http://www.motherisk.org/prof/updatesDetail.jsp?content_id=856)