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Steroid injections and Breastfeeding Mothers

The information provided is taken from various reference sources. It is provided as a guideline. No responsibility can be taken by the author or the Breastfeeding Network for the way in which the information is used. Clinical decisions remain the responsibility of medical and breastfeeding practitioners. The data presented here is intended to provide some immediate information but cannot replace input from professionals.

Corticosteroids may be injected locally to relieve inflammation and pain in joints. They are given to relieve pain and increase mobility in a joint e.g. tennis elbow, housemaid's knee.

Drug names include Depo-Medrone[®], Depo-Medrone with Lidocaine[®], Hydrocortistab[®], and Kenalog[®]

There is no need to stop breastfeeding if you have one of these injections as the amount of steroid which will pass into your breastmilk will be very small and much less than the equivalent of 40milligrammes oral prednisolone which can safely be taken by a breastfeeding mother.

Bibliography

- British National Formulary
- Hale T. W Medications in Mothers Milk 2016 (17th Ed) Hale Pub
- Jones W Breastfeeding and Medication 2013 Routledge

To speak to a Breastfeeding Supporter call the National Breastfeeding Helpline 0300 100 0212

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package

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To find your nearest Breastfeeding Supporter call the **Supporterline 0300 100 0210**



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