



# BREAST MILK AND INTRAVASCULAR CONTRAST:

## IS IT OK TO CONTINUE TO BREASTFEED AFTER MY TEST?



### References:

- 1)Hale TW. Medications and mothers' milk.15th ed. Amarillo: Hale Publishing;2012:610-13.
- 2)Newman J. Breastfeeding and radiologic procedures: Motherisk update current practice. Canadian Family Physician 2007;53:630-31.
- 3)United States National Library of Medicine. LactMed- Drugs and Lactation Database. Available from URL:  
<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen>

# PATIENT HANDOUT

## Current Evidence Suggests It Is Suitable For Mothers To Breastfeed After Exposure To The Following Intravascular Iodinated Contrast:

- Omnipaque, Visipaque, Isovue & Optiray

### Very little contrast dye accumulates in breast milk because:

- The contrast molecule is very large in size and has difficulty entering breast milk
- The contrast dye is removed from the body quickly – half of the medication is removed from the mother’s blood every 2-3 hours, with almost 100% eliminated within 11-24 hours

### Medication is generally considered suitable in breastfeeding if the infant receives less than 10% of the mother’s total daily dose:

- Less than 1% of the contrast goes into breast milk after the infusion
- From the breast milk, less than 0.5% of the initial contrast dose reaches the infant
  - Contrast agents are not well absorbed by the stomach, but part of this small amount in breast milk may be absorbed by the infant’s stomach and then enter their blood

### Risk of Side Effects:

- Three of these contrast agents are used for tests in infants and children
- Due to low breast milk concentrations of these agents, side effects in the infant are not expected to occur, but could include nausea, diarrhea and stomach cramps
- There is a potential risk that the infant could have an allergic reaction to the contrast agent
  - But there are no known cases of this in breastfed infants
- If you would prefer your infant to have no contrast exposure, then stop breastfeeding temporarily to allow for clearing of the contrast (11-24 hours, depending on the contrast agent-see table below)
  - During this time pump & discard breast milk

Contrast used for your test today (select by placing ✓ in box)				
		<input type="checkbox"/> <b>Omnipaque</b> <input type="checkbox"/> <b>Visipaque</b> <input type="checkbox"/> <b>Isovue</b>		
Name	Low breast milk concentration	Time for 100% clearance	Use in infants	Recommendation for breastfeeding
Omnipaque	✓	24 hours	✓	Compatible
Visipaque	✓	14 hours	✓	Compatible
Isovue	✓	14 hours	✓	Compatible
Optiray	✓	11 hours	--	Compatible