

Steroid injections and Breastfeeding Mothers

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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 40 milligrammes oral prednisolone which can safely be taken by a breastfeeding mother.

Bibliography

- British National Formulary
- Hale T. W Medications in Mothers
- Jones W Breastfeeding and Medication 2018 Routledge

To talk to a mum who knows about breastfeeding 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.