

## **My Breastfeeding Safety Plan**

- Know how you will feed your baby if you choose to pump & discard or delay breastfeeding
- During this time, you can feed your baby with pumped or hand expressed breastmilk(from when you were not using) or formula
- You can feed your baby pumped/expressed breastmilk or formula with a cup, spoon or bottle
- Have either pumped/expressed breastmilk or formula and either a cup, spoon or bottle on hand to help your carry out your safety plan
- This safety plan tool does not replace the advice of a healthcare professional



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## Breastfeeding Delay or Pump & Discard Recommendations

**Alcohol:** Delay breastfeeding for 2-3 hours per standard drink consumed from the start of drinking. Pumping is only required for comfort; your body will remove the alcohol from your breastmilk over the delay time.

**Nicotine:** Reduce exposure to 2nd & 3rd-hand smoke by breastfeeding prior to smoking, washing hands after every use, changing out of clothes you smoked in & only smoking outside. Nicotine replacement therapy is a safer alternative to smoking (gum, patches or inhaler).

**Cannabis:** Stays in breastmilk up to 30 days from last use. Watch your baby for poor tone (floppy or limp), poor feeding and drowsiness if you choose to use cannabis while breastfeeding. Speak to your healthcare provider if you see these symptoms in your baby.

**Stimulants:** Pump and dump for 24 hours after last use.

**Illicit Opioids:** Speak to your healthcare provider about starting opioid agonist treatment (OAT) such as Methadose or Suboxone. OAT is considered safe while breastfeeding, regardless of dose.

Reference: BCAPOP Handbook Supplement: Perinatal Substance Use (2019)  
Updated March 2020



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