

Breastfeeding and Medication



Breastfeeding and tranexamic acid for heavy periods

Brand names: Cyclokapron®

Tranexamic acid is frequently prescribed for mothers experiencing very heavy periods.

In a study by Gilad et al 2014, mothers who contacted an Information Service regarding the safe use of tranexamic acid while breastfeeding were followed up by phone interview. Data on lactation, neonatal symptoms, and outcomes at the age of 1-3 years were obtained. The experiences of the mothers were compared with those of a matched control group of breastfeeding mothers using a drug known to be safe during lactation (amoxicillin).

Follow-up was obtained for 28 of 32 women who sought advice. Of the 28 women, six did not take the drug, and one refused to participate. The 21 remaining women (study group) were compared with 42 control women. A decreased amount of breastmilk was reported by one woman in the study group versus two women in the control group. Possible adverse drug effects were reported for one of 21 study group infants (restlessness) and for one of 42 control group infants (gastroesophageal reflux). All the infants in the study group developed normally. The authors concluded that tranexamic acid is safe to use during lactation

Tranexamic acid can be taken by breastfeeding mothers experiencing heavy menstrual bleeding

Gilad O, Merlob P, Stahl B, Klinger G. Outcome following tranexamic acid exposure during breastfeeding. *Breastfeeding Medicine* 2014;9(8):407-10..

The information on this sheet is based upon my professional experience as a pharmacist with a specialised interest in the safety of drugs in breastmilk, supported by evidence from expert sources. However, I cannot take responsibility for the prescription of medication which remains with the healthcare professionals involved. I am happy to discuss the evidence by email wendy@breastfeeding-and-medication.co.uk