ANAESTHESIA AND SEDATION IN BREASTFEEDING WOMEN 2020

Guidelines from the Association of Anaesthetists

Association of Anaesthetists

Women should be encouraged to breastfeed as normal following surgery.

There is no need to express and discard breast milk after anaesthesia.

Anaesthetic and non-opioid analgesic drugs are transferred to breast milk in only very small amounts.

Drugs such as opioids and benzodiazepines should be used with caution.

Codeine should not be used by breastfeeding women.

During pre-operative assessment, ask women with an infant < 2 years old if they are breastfeeding.

Local and regional anaesthesia are preferable as they are opioid-sparing and have least interference with infant care.

Day surgery is preferable to avoid disrupting normal routines. Beware excessive maternal drowsiness, deep sleeping or co-sleeping for first 24 h.

Make breastfeeding support available for breastfeeding women having surgery.

Patient information leaflets and additional resources should be available.

Mitchell J, Jones W, Winkley E, Kinsella S.M. Anaesthesia and sedation in breastfeeding women 2020. Guidelines from the Association of Anaesthetists. ***Anaesthesia*** 2020; 75.

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