

Excellence in Women's Healthcare

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Postpartum/ After birth Information

Can I get pregnant while nursing?

Yes, You Can get pregnant while breastfeeding, but it is rare to ovulate before you have your first menstrual period. Complete breastfeeding (no solids, formula, or even pacifiers) will probably protect you for the first 4 to 5 months. If it is important that you NOT get pregnant, use some other type of birth control. Ask your doctor for advice on other types of birth control.

Can I take birth control pills?

Yes. Birth control pills are used by many nursing mothers, but other contraceptive methods are better. The "mini" pill, (progestin only) or the Norplant are commonly used. These appear to have less effect on your milk supply and your baby's growth than other pills. But they probably will affect both.

The "regular" birth control pill (estrogen-progestin) definitely affects your milk supply and your baby's growth. It is better to wait at least 4 to 6 months (when your baby is taking solids) before taking them.

There are other birth control options. Condoms and diaphragms are excellent choices that don't affect your milk supply or your baby's growth.

Are there foods I shouldn't eat?

Generally speaking, you can eat anything you want to, IN MODERATION. Most mothers are able to eat anything they want with no problems. However, there are some babies whose digestive systems are not fully mature, and spicy and gassy foods like pizza, onions, cabbage, broccoli or beans MIGHT make them fussy. Chocolate and caffeine may also give them problems. Try eating different foods, one at a time, to see how your baby reacts to them. If something really makes him/her fussy and uncomfortable, don't eat it for a couple of weeks. As his/her digestive system matures, he/she can handle much more.

Can I have caffeine drinks?

Coffee, tea, and soft drinks with caffeine should be limited. Caffeine does pass through the milk and makes some babies restless and fussy. Try decaffeinated coffee, tea and caffeine-free soft drinks.

Can I drink Alcoholic Drinks?

Alcohol is a drug and it does pass through the milk to your baby. Nursing babies whose mothers are heavy drinkers sometimes don't gain enough weight and their central nervous systems are affected. It also affects your "letdown".