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Approved OTC medications for nursing mothers:

- Tylenol
- Ibuprofen- short term use only (1-2 days at a time)
- Benadryl
- Claritin
- Chloraseptic spray
- Cough drops
- Nasal saline spray
- Afrin nasal spray- use only 3 days at a time
- Maalox
- Kaopectate (for diarrhea)
- **AVOID SUDAFED**

Be sure to push fluids and get plenty of rest