

Guide to drinking Coffee & Alcohol while Breastfeeding

Research has shown that both alcohol and caffeine can transfer from a mother's bloodstream into her breastmilk. Follow this guide to know how much alcohol or caffeine you can have while breastfeeding or pumping.



Alcohol

HOW MUCH CAN I DRINK?

1 alcoholic drink a day is considered safe.
(1 drink = 12 oz. of beer, 5 oz. of wine or 1.5 oz. of liquor)

HOW LONG TO WAIT TO BREASTFEED OR PUMP

2 hours after 1 drink.
4 to 5 hours after 2 drinks.

HOW DOES IT AFFECT THE BABY?

When your blood-alcohol levels are too high, it can:

- Interfere with letdown
- Decrease milk production
- Affect baby's sleep patterns
- Cause developmental delays



Coffee

HOW MUCH CAN I DRINK?

2 to 3 cups of coffee a day (containing about 300 mg of caffeine) is safe.
(One cup = 4 oz.)

HOW LONG TO WAIT TO BREASTFEED OR PUMP

Feed your baby before you drink coffee. It takes 1-2 hours for caffeine to pass into breastmilk.

HOW DOES IT AFFECT THE BABY?

Caffeine in your breastmilk can:

- Keep babies awake
- Make babies more fussy
- Babies under 6 months more affected by caffeine