

Episode 23: Allergies and Breastfeeding

Beth Conover, APRN, CGC and Angela Messer, MS join host Chris Stallman, a certified genetic counselor and mom of four to discuss allergy medications while breastfeeding. How can you ensure milk supply isn't affected when taking allergy medication? Is over-the-counter medications safer than prescription allergy medications? Follow along as we talk about these allergy topics. **DISCLAIMER:** This episode was recorded at our 2019 Annual Meeting prior to the COVID-19 pandemic.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).

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