

# Should You Pump & Dump?



Does pumping and discarding breast milk protect your baby from....

- Prescription medications?
- Alcohol?
- Recreational drugs?
- Other exposures that might be transmitted through breast milk?



MotherToBaby  
CALIFORNIA

# For most medications, the amount found in breast milk is low and not harmful to your baby.

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## Breastfeeding:

- Strengthens your baby's immune system
- Is easier for your baby's digestion
- Can improve your health
- Saves money and lives

Ask our experts about **medications & other exposures** during breastfeeding!

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**ONLINE** Live-chat at [mothertobaby.org](http://mothertobaby.org)

**APP** Download our app on the App Store and Google Play

