

Medications and Mothers Milk by Thomas Hale

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How to access Medication and mother's milk online

The online version is always up to date and available from anywhere on a computer or mobile device.

<https://www.halesmeds.com/login>

Each agency has 1 account to access the online version of Medication and Mother's Milk.

- Each agency submitted an email address to access the online resource.
- If this email address has changed, please email Rosie.Pierce-Martin@state.mn.us to update your access information.

Video Tutorial: How to use the online version

Video tutorial on how to use the online version: <https://www.youtube.com/watch?v=Eh0KVplsrA8>

Shows how to log in, navigate the website, and use the information.

Mobile App

To quickly download the mobile APP, visit the Apple Store or Google Play and search for "Hale's Meds". Users can sign in with their existing email and password.

For technical support issues, contact halesmedshelp@springerpub.com

The online version includes

- Resources and information on how to use the resource.
- Drug categories for easier searching.
- Quick search and alphabetical lookup.
- Provides adult concerns, adult dose, pediatric concerns, & infant monitoring
- Suggests safer alternatives for high-risk entries
- 1,300+ Medications with Lactation Risk Categories
 - 72 new medications
 - 356 medications updated with new data
 - 927 medications updated with new information
 - New tables on monoclonal antibodies and migraines
 - New information on Cannabis

Lactation Risk Categories

L1 Compatible

Drug which has been taken by a large number of breastfeeding mothers without any observed increase in adverse effects in the infant. Controlled studies in breastfeeding women fail to demonstrate a risk to the infant and the possibility of harm to the breastfeeding infant is remote, or the product is not orally bioavailable in an infant.

L2 Compatible

Drug which has been studied in a limited number of breastfeeding women without an increase in adverse effects in the infant, and/or the evidence of a demonstrated risk which is likely to follow use of this medication in a breastfeeding woman is remote.

L3 Compatible

There are no controlled studies in breastfeeding women; however, the risk of untoward effects to a breastfed infant is possible, or controlled studies show only minimal nonthreatening adverse effects. Drugs should be given only if the potential benefit justifies the potential risk to the infant. (New medications that have absolutely no published data are automatically categorized in this category, regardless of how safe they may be.)

L4 Potentially Hazardous

There is positive evidence of risk to a breastfed infant or to breast-milk production, but the benefits from use in breastfeeding mothers may be acceptable despite the risk to the infant (e.g., if the drug is needed in a life-threatening situation or for a serious disease for which safer drugs cannot be used or are ineffective).

L5 Hazardous

Studies in breastfeeding mothers have demonstrated that there is significant and documented risk to the infant based on human experience, or it is a medication that has a high risk of causing significant damage to an infant. The risk of using the drug in breastfeeding women clearly outweighs any possible benefit from breastfeeding. The drug is contraindicated in women who are breastfeeding an infant.

For more information visit the resource area of the online version.

Reference- Complete Listing of Hyperlinks

[Hales Meds Log In](https://www.halesmeds.com/login) (https://www.halesmeds.com/login)

[Hale Group Tutorial](https://www.youtube.com/watch?v=Eh0KVplsrA8) (https://www.youtube.com/watch?v=Eh0KVplsrA8)

Minnesota Department of Health- WIC Program, 625 Robert St N, PO Box 64975, St. Paul, MN 55164-0975
651-201-4444, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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