

## Co-codamol 30/500 tablets and breastfeeding

You have been given a supply of co-codamol 30/500 tablets to help relieve pain after caesarean section. This is a pain killer containing codeine phosphate and paracetamol. Paracetamol appears in your breast milk in amounts too small to cause any harm to your baby and it is the first choice pain killer during breastfeeding. However, paracetamol alone may not control your pain.

Codeine is a very good pain killer and has been used by breastfeeding mothers for many years.

There have been some reports of side effects in breastfed babies. Most of these problems occurred when the mother was taking codeine for more than four or five days.

You have only been given co-codamol to take for two days. While you are taking co-codamol you should watch your baby for any side effects such as:

- Changes in skin colour
- Poor feeding
- Excessive drowsiness
- Changes in breathing
- Lack of response
- Sleeping all the time - Breastfed babies usually feed every 2 to 3 hours and should not sleep more than 4 hours at a time

If you notice any of these effects, or if you experience any severe side effects yourself, stop taking the tablets and contact your midwife or GP straight away.

Before starting this treatment, read the manufacturer's printed information leaflet from inside the pack. The leaflet will give you more information about co-codamol and any possible side-effects.

- Take one or two tablets every 4 to 6 hours if you need them for pain. Leave at least four hours between doses and do not take more than eight tablets in any 24-hour period
- Do not take any other medicines containing paracetamol or codeine while you are taking these tablets
- Do not take the tablets for more than two days

### **For more information contact:**

Hazel Woodcock, Breastfeeding Co-ordinator 01709 424265  
or Medicines Information 01709 424126

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281.

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