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### ***mini Medications and Mothers' Milk* (Fourteenth Edition)**

Thomas Hale, RPh, PhD

Hale Publishing, 2010

326 pages, softcover, US\$18.95

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When healthcare providers find it necessary to make crucial decisions related to medications in pregnancy or lactation, they will find the updated succinct ***mini Medications and Mothers' Milk*** a valuable asset. The compact design (the size of a pocket book) includes 66 new medications, such as Nuvigil, Nucynta, and Pristiq. The newly colored designed layout lends to easier viewing and interpretation of data.

The most appealing update since the previous mini edition is the addition of a new “clinical” paragraph for each drug. This concise descriptive section provides details such as amount of drug found in breastmilk, symptoms to observe in infant, and other preferable drug alternatives. It may also provide information on the effects on milk production. This new element offers advice to the practitioner for optimal medication therapy determination.

Antiretrovirals are also new to this edition. Although breastfeeding is contraindicated since the HIV virus may be transmitted to the infant, it is still valuable to have information for pregnancy. Anti-cancer agents such as ifosfamide and imatinib mesylate and diagnostic agents like methylene blue and metyrapone are also included.

Over-the-counter products are often overlooked as medications that may significantly affect the patient and the infant. This handbook includes viruses, vaccines, prescription, and non-prescription medications. Newly added are Beano and even the artificial sweetener, Splenda. Herbal medications can also be looked up to determine their safety in pregnancy or lactation. Some trade and generic names have been updated (e. g., Colcrys, Isotrex, and Gianvi). All drugs are entered in one long alphabetic list.

Given its purpose for immediacy of information, this mini version understandably does not contain a reference section and is therefore necessary to refer at a later date to a larger resource such as the full version of ***Medications and Mothers' Milk*** for support citations.

This handbook is a welcomed addition in the pocket of any practitioner who makes frequent recommendations to lactating mothers.

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