



## **ILCA Print and Multimedia Reviews June 2011 – Available at [www.ILCA.org](http://www.ILCA.org)**

### **Nonprescription Drugs for the Breastfeeding Mother, 2<sup>nd</sup> Edition**

Frank J Nice, RPh, DPA, CRHP

Hale Publishing, 2011

149 pages, tables, website resources, index, (US)\$19.95, softcover

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Questions are often posed to healthcare providers about appropriate recommendations of prescription medications for the lactating mother. It is important to remember that nonprescription medications are powerful too. Frank Nice's book, **Nonprescription Drugs for the Breastfeeding Mother 2<sup>nd</sup> Edition**, is straightforward and readily accessible for assisting with recommendations for lactating mothers.

This edition has enhanced ease of use due to improvements to organization of the table of contents and tables. Newly added is a section labeled *OTC Information Capsules* that highlights key points related to major categories of nonprescription drugs (e.g., analgesics, antipyretics, cold, cough, allergy, nausea, vomiting, sleep aids). There is also an overview of the new label requirements for OTC medications.

Through the use of tables, data is condensed and simplified lending to quick and easy comprehension. The tables are organized alphabetically by treatment category. Acne products, vitamins, and minerals are new to this edition. Herbals are now listed with both the common name and Latin binomial. A section called *OTC Active Ingredient Categories* has been added that lists common ingredients found in OTC items such as anti-inflammatories, analgesics, antacids, antidiarrheals, antihistamines, anti-infectives, decongestants, and more.

Unfortunately, there are some notable oversights rendering some data obsolete. Many OTC medications that have been taken off the market are still included in the book, such as Drixoral, Humabid, Correctol, Doxidan, and Novahistine Elixir, to name a few. Some prescription drugs (i.e., Lindane lotion/shampoo, Procto Foam) are intermingled among the nonprescription drugs, which may lead to some confusion. The index is arranged alphabetically by brand name only. It may be challenging to cross reference for a medication by chemical/generic name if the brand name is unknown.

The well-designed tables and condensed size permit ease of use and portability. This book will be a valuable asset for any practitioner who cares for breastfeeding mothers.

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**Editor's note:** The first edition of **Nonprescription Drugs for the Breastfeeding Mother** was reviewed in February 2008 on the ILCA website.