



# Lekovi u laktaciji

## Medicines in lactation

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### Apstrakt

Sve što majka unese u organizam, a naročito lekovi, u određenoj količini se nađu u njenom mleku. Neki lekovi nisu štetni po odojče ni u velikoj koncentraciji, dok su drugi opasni čak i u tragovima.

Cilj savetovanja dojilja je da se odojče zaštiti od neželjenih efekata lekova, a da se majci obezbedi potrebna medikacija.

Lekovi u mleko uglavnom dospevaju procesom difuzije kroz membrane krvnih sudova i alveolarnih ćelija i njihova koncentracija u mleku je najveća u prva 4 do 10 dana. Prema bezbednosnom profilu lekovi se dele u četiri kategorije:

- lekovi koji su verovatno bezbedni u laktaciji,
- lekovi koji su u većini slučajeva bezbedni u laktaciji,
- potencijalno opasni lekovi,
- lekovi koji nisu bezbedni za upotrebu u laktaciji.

Lekovi na različite načine utiču na odojče, u zavisnosti od svog mehanizma dejstva i farmakodinamskih karakteristika. Ukoliko je primena leka u periodu laktacije neophodna, treba se pridržavati sledećih pravila: propisivati stare, proverene lekove, u najmanjoj dnevnoj dozi, kad god je moguće davati lek jednom dnevno, izbegavati podoj u periodu maksimalne koncentracije leka u krvi i izbegavati kombinacije lekova.

### Abstract

Everything that the mother takes into the body, especially medicines, is found in a certain amount in her milk. Some medicines are not harmful to infants or in high concentrations, while others are dangerous even in trace amounts.

The goal of breastfeeding counseling is to protect the infant from the side effects of medication and to provide the mother with the necessary medication.

Medicines in milk mainly reach the process of diffusion through the membranes of blood vessels and alveolar cells, and their concentration in milk is highest in the first 4-10 days. According to the safety profile, medicines are divided into four categories:

- medicines that are probably safe during lactation,
- medicines that are safe in lactation in most cases,
- potentially dangerous medicines,
- medicines that are not safe for use in lactation.

Drugs affect the infant in different ways, depending on their mechanism of action and pharmacodynamic characteristics. If the use of the medicine during lactation is necessary, the following rules should be followed: prescribe old, tested medicines, in the lowest daily dose, whenever possible, once a day, avoid breastfeeding during the period of maximum concentration of the medicine in the blood and avoid combining medicines.