

Contrast and Breastfeeding

The following recommendations are from the American College of Radiology.

Contrast

Contrast is a substance injected into a vein or artery to help the radiologist see internal organs more clearly. Exams that may require the use of contrast include:

- **CT (computed tomography) scan:** a special X-ray of your internal organs and tissues
- **IVP (intravenous pyelogram):** a special X-ray of your urinary system (kidneys, ureters and bladder)
- **angiogram:** a special X-ray of the blood vessels of your brain, legs, kidneys, lungs, or heart.

A small amount of contrast crosses over into your breastmilk and is absorbed by your infant. Research suggests it is safe to continue breastfeeding after having contrast.

Gadolinium-based Contrast

Gadolinium-based contrast is a substance that uses gadolinium in exams and procedures such as a MRI (magnetic resonance imaging). A MRI uses a magnetic field to show your internal organs with greater depth than X-rays.

A tiny amount of contrast crosses over into breastmilk and is absorbed by your infant. There is no evidence that shows infants have any side effects after breastfeeding.

Research suggests it is safe to continue breastfeeding after having gadolinium-based contrast.

What To Do If You Are Concerned

Research suggests that breastfeeding after receiving either contrast or gadolinium-based contrast is safe.

If you have concerns about potential side effects to your baby, do not breastfeed for 24 hours. Instead, give your baby formula or breastmilk you expressed before the test or procedure.

If you decide to stop breastfeeding for 24 hours, you will need to express milk from both breasts. Throw this milk away. Expressing during this time will help prevent engorgement and make sure your body will continue to produce milk.