



Breastfeeding after a CT Scan with contrast dye

What is contrast dye?

Contrast dye is used to make parts of the body easier to see in a CT Scan. It may be necessary to use contrast dye to diagnose certain health problems.

Contrast dye contains iodine. This is the same mineral that is found in salt. The amount of iodine in contrast dye used is considered safe for babies, children and adults.

Unwanted effects are rare, but if too much iodine is taken into the body it could cause problems with the thyroid gland.

Can I breastfeed after the CT Scan?

Yes. All the research we have suggests it is safe to continue breastfeeding after your CT Scan. You do not need to stop breastfeeding for any amount of time, unless you choose to.

The Facts

- After a CT Scan with contrast dye, a small amount of iodine can be found in breastmilk. Two hours after the test, only half of the iodine remains. After 12 hours, nearly all of the iodine will be gone.
- Less than 1% of the iodine found in breastmilk is absorbed in a baby's stomach. This is 100 times less than the amount of iodine a baby would receive if he or she were to have a CT Scan with contrast dye.

What if I choose to wait?

If you are concerned about your baby's exposure to iodine, you may choose wait for some time before breastfeeding.

While waiting, pump your breasts every 3 hours to keep up your milk supply. If you do not pump, your milk supply will go down or take longer to increase. Do not throw out the pumped milk. It can be kept in the refrigerator and used after 24 hours.

Please talk with your nurse or lactation consultant about different ways of feeding your baby during this time. Giving your baby a bottle may make it harder for your baby to latch on when you resume breastfeeding.

**Your radiologist, nurse or lactation consultant
can give you more information to help you
make the best decision for you and your baby.**