Faculty of Radiologists Guideline on iodinated and gadolinium based contrast administration in breastfeeding women 2017.

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Summary:

Iodinated (CT) and gadolinium based (MR) contrast agents are safe in Breastfeeding Mothers. Women should be advised to continue nursing their children as normal without any interruption to breastfeeding post imaging. It is important to avoid unnecessary interruptions to breastfeeding due to the health risks to the nursing dyad of potential early weaning and the risk of mastitis in the Mother. The Faculty position is in line with best international practice as outlined below and guidelines will be updated annually.

Background:

Breastfeeding rates are increasing in Ireland and as a result more nursing Mothers come in contact with the radiology department and require imaging, sometimes with iodinated (CT) or gadolinium based contrast media (MR) required as part of the protocol. As a result Radiologists are increasingly being asked whether these women can continue to nurse their children as normal or if a period of interruption is required. The faculty surveyed its fellows in the Summer of 2017 and a preference for a national guideline was expressed.

Evidence:

CT: Less than 1% of the administered dose to the Mother is excreted into breastmilk and of this less than 1% of this dose is absorbed by the infant. No adverse effects have been reported in the literature. Mothers can be safely advised to continue nursing without interruption [1-6]. This is consistent with the recommendation from the American college of radiology [4].

MRI: Research studies demonstrates that less than 0.04% of the dose administered intravenously to the Mother is excreted into her breast milk in the first 24 hours, and of that which is ingested by the infant, less than 1% is absorbed from its gastrointestinal tract resulting in a dose to the infant which is less than 0.0004% the dose administered to the Mother, [4-9]. Mothers can therefore be safely advised to continue nursing without interruption. This recommendation is consistent with the recommendation from the American college of radiology [4].
References: