

Quiz Page — Drugs & Breastfeeding: An Update

1. Information regarding drug elimination in breast milk

- a. is complete and almost 100% reliable
- b. has increased dramatically, but is still not as reliable as needed
- c. is unavailable
- d. none of the above

2. A problem with obtaining information regarding drug elimination in breast milk is

- a. the lack of subjects to do research
- b. the variation among techniques used in research
- c. very few women are breastfeeding their infants
- d. a & b

3. The transudate that consists primarily of serum albumin and is a precursor to mature milk is known as

- a. immature milk
- b. early milk
- c. colostrom
- d. albuminized milk

4. Mature milk

- a. contains about one percent protein
- b. does not appear before six months of breastfeeding
- c. contains about 20% fat
- d. is the precursor to transitional milk

5. Which of the following may inhibit lactation?

- a. estrogen
- b. emotional stress
- c. vitamin C
- d. a&b

6. Which of the following is true regarding the passage of drugs into breast milk?

- a. drugs pass into breast milk by active pathways
- b. drugs with molecular weights of about 1000 easily pass into breast milk
- c. drugs pass into breast milk by passive diffusion
- d. drugs pass into breast milk by diffusion up a concentration gradient

7. Which of the following is true regarding breast milk?

- a. the pH of breast milk is more basic than plasma

- b. the pH of breast milk varies from 6.5 to 7.4
- c. breast milk typically has a higher pH than plasma
- d. the pH of breast milk is very unpredictable

8. Which of the following is true regarding highly plasma protein bound drugs?

- a. these drugs easily pass into breast milk
- b. these drugs never pass into breast milk
- c. these drugs usually remain in plasma and pass into breast milk in low concentrations
- d. these drugs bind to milk protein and pass rapidly into breast milk

9. In general, regarding drug elimination in breast milk, which of the following is true?

- a. basic drugs are eliminated in higher concentrations in breast milk
- b. acidic drugs are eliminated in higher concentrations in breast milk
- c. highly plasma protein bound drugs are eliminated in high concentrations in breast milk
- d. drugs that are ionized in plasma easily pass into breast milk

10. Which of the following factors are the most important regarding the elimination of drugs in breast milk?

- a. MW
- b. the amount of drug the infant would receive during the breastfeeding period
- c. the age of the mother
- d. how long it takes the infant to complete breastfeeding

11. Which of the following physicochemical factors are important with regard to drug elimination in breast milk?

- a. pKa or degree of ionization of the drug
- b. pH gradient between plasma & milk
- c. lipid-water solubility characteristics of the drug
- d. all of the above

12. Which of the following drugs lowers maternal serum prolactin?

- a. vitamin C
- b. cyproheptadine
- c. ibuprofen
- d. aspirin

13. In general, most drugs

- a. are eliminated in large amounts in breast milk

- b. are eliminated in small amounts in breast milk when used in therapeutic doses
- c. are not eliminated in breast milk
- d. are totally eliminated in breast milk

14. Tobacco & alcohol

- a. never accumulate in breast milk
- b. should be a major part of the social habits of women who are breastfeeding because it is relaxing
- c. may accumulate in breast milk, especially if they are used in large quantities
- d. have never had any effects in infants

15. Which of the following are alternative methods in women who must take drugs and who are breastfeeding?

- a. if possible, ingest the drug immediately after nursing
- b. use drugs that do not accumulate in breast milk
- c. alternate breastfeeding with other feeding methods to avoid infant exposure during peak drug concentrations
- d. all of the above are possible alternatives

16. Did this CE article achieve its stated objectives?

- a. yes
- b. no

17. How much of this program can you apply in your practice?

- a. all
- b. some
- c. very little
- d. none

18. Approximately how long did it take you to read the article, study it and answer all questions?

- a. 1 - 1/2 hours
- b. longer
- c. less

19. Type of practice

- a. retail
- b. hospital, institutional
- c. pharmacy organization/academia
- d. manufacturing, distribution, other

20. Indicate date you completed this exam (required).

_____ mm/dd/yy

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