



## Psyllium

Revised: May 17, 2021.

CASRN: 8063-16-9

## Drug Levels and Effects

### Summary of Use during Lactation

Few data are available on psyllium use during breastfeeding. However, the drug is not absorbed from the gastrointestinal tract, so it cannot enter the breastmilk. Psyllium is acceptable to use during breastfeeding.[1,2]

### Drug Levels

*Maternal Levels.* Relevant published information was not found as of the revision date.

*Infant Levels.* Relevant published information was not found as of the revision date.

### Effects in Breastfed Infants

Twenty postpartum mothers were given a laxative containing 2.7 grams of plantago (psyllium) and senna equivalent to 15 mg of sennosides a and b daily on days 2 to 4 postpartum. Of the 11 infants who were breastfed (extent not stated), none had any loose stools.[3]

### Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

### Alternate Drugs to Consider

(Constipation) Bisacodyl, Docusate, Magnesium Hydroxide, Sodium Phosphate; (Irritable Bowel Syndrome) Linaclotide, Lubiprostone, Plecanatide, Prucalopride, Tenapanor

### References

1. Lewis JH, Weingold AB; Committee of FDA-Related Matters American College of Gastroenterology. The use of gastrointestinal drugs during pregnancy and lactation. *Am J Gastroenterol.* 1985;80:912–23. PubMed PMID: 2864852.

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2. Hagemann TM. Gastrointestinal medications and breastfeeding. *J Hum Lact.* 1998;14:259–62. PubMed PMID: 10205441.
3. Faber P, Streng-Hesse A. Relevance of rhein excretion into breast milk. *Pharmacology.* 1988;36 Suppl 1:212–20. PubMed PMID: 3368521.

## Substance Identification

### Substance Name

Psyllium

### CAS Registry Number

8063-16-9

### Drug Class

Breast Feeding

Lactation

Gastrointestinal Agents

Laxatives