

Breastfeeding after your CT Scan with Contrast

You are scheduled for a **CT scan with contrast** at Humber River Health. Another name for this procedure is **computed tomography scan**. This scan creates high quality pictures of your body using x-rays and a computer. To be able to see parts of your body more easily during the scan, we will give you a colourless dye, called contrast. This contrast contains iodine.

Can I breastfeed after the CT scan?

According to available data, it is safe for the mother to continue breastfeeding after a CT scan. You do not need to stop breastfeeding for any amount of time, unless you choose to.

There are no recommendations to stop breastfeeding after a CT scan. In addition, there are no reports of harm to infants who have consumed their mother's breast milk after a CT scan.

What are the facts about contrast dye and breastfeeding?

After a CT scan with contrast dye, a small amount of iodine can be found in breast milk. It will take up to 24 hours for the dye to leave the body.


During breastfeeding, infants will absorb less than 0.01% of the dye that the mother receives from the CT scan. This amount of dye is considered a safe amount for infants.

What if I choose to temporarily stop breastfeeding after my CT Scan?

If you choose to stop breastfeeding after your scan, we recommend you use a breast pump to express and discard your milk. Pump from both breasts.

Pump and discard your breast milk for up to 24 hours. After 24 hours, the iodine will no longer be present in your breast milk and you can resume breastfeeding your infant.

During the 24 hours, you may give your infant previously stored breast milk or formula. Some infants may refuse a bottle. Giving your infant a bottle may also make it harder for your baby to latch on to you when you resume breastfeeding.



If you are breastfeeding and have concerns about the effects of the dye on your breast milk, please speak with your doctor, nurse, or lactation consultant.

They can give you more information about your breastfeeding options so that you can make an informed decision.