SCHROEDER
AMBULATORY CENTRE

Breastfeeding and CT Contrast

You have undergone a CT examination that used an intravenous (IV) iodinated contrast media. This contrast helps your doctor see internal organs and tissues more clearly.

Is it safe to continue breastfeeding?

Yes — it is safe to keep breastfeeding after your CT.

According to the Canadian breastfeeding Foundation (2025), the amount of contrast that the baby absorbs is estimated to be less than 0.01% of the total amount given to the mother.

There have been no reports of harmful effects from the contrast to the baby from breast-feeding mothers who have received iodine contrast.

What are my options?

You may continue breastfeeding as normal after your CT exam.

If you prefer to be extra cautious, you may express and discard breast milk for 24 hours after your exam.
During this time, you can feed your baby with stored breast milk or formula.

After 24 hours, you can safely resume breastfeeding.

The contrast dye is naturally cleared from your body within 24 hours.