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# Cascara Sagrada

Revised: October 31, 2018.

CASRN: 8047-27-6

# **Drug Levels and Effects**

### **Summary of Use during Lactation**

Maternal cascara intake might cause loose stools in some breastfed infants and should be avoided.[1] Other laxatives are preferred.

### **Drug Levels**

After administration of 65 mg of cascara sagrada as cascara fluidextract, cascara was qualitatively detected in the breastmilk of 5 of 10 women collected over 20 hours.[2] The sensitivity of the assay was about 1100 mg/L of cascara.

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

#### **Effects in Breastfed Infants**

In 2 uncontrolled studies, a total of 10 of 22 breastfed neonates appeared to have loose stools after administration of 65 mg of cascara as cascara fluidextract to their mothers.[2]

In an observational case series, no cases of diarrhea were observed among the breastfed infants of 142 mothers who received 400 mg of cascara extract on day 3 postpartum.[3] This result might have been because of the small amount of colostrum received by the infants of this age.

#### **Effects on Lactation and Breastmilk**

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

### **Alternate Drugs to Consider**

Bisacodyl, Magnesium Hydroxide, Senna

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#### References

- 1. Lewis JH, Weingold AB and the 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.
- 2. Tyson RM, Shrader EA, Perlman HH. Drugs transmitted through breast milk. Part I: laxatives. J Pediatr. 1937;11:824-32.
- 3. Duncan AS. Standardized senna as a laxative in the puerperium. A clinical assessment. Br Med J. 1957;1:439-41. PubMed PMID: 13396280.

# **Substance Identification**

#### **Substance Name**

Cascara Sagrada

### **CAS Registry Number**

8047-27-6

# **Drug Class**

**Breast Feeding** 

Lactation

Cathartics

**Gastrointestinal Agents** 

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