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### Uva Ursi

Revised: December 3, 2018.

# **Drug Levels and Effects**

## **Summary of Use during Lactation**

Uva ursi (Arctostaphylos uva-ursi) leaves contain arbutin, which is hydrolyzed to hydroquinone. Uva ursi has no specific lactation-related uses, but is most often used as a urinary antiseptic. No data exist on the excretion of any components of uva ursi into breastmilk or on the safety and efficacy of uva ursi in nursing mothers or infants. Uva ursi is generally considered to be contraindicated during breastfeeding because of a lack of data and its potential toxicity.[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**

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

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

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

# **Alternate Drugs to Consider**

(Urinary Antiseptic) Methenamine Hippurate, Methenamine Mandelate, Nitrofurantoin

#### References

- 1. Kopec K. Herbal medications and breastfeeding. J Hum Lact. 1999;15:157-61. PubMed PMID: 10578793.
- 2. Nice F, Coghlan RJ, Birmingham BT. Which herbals are safe to take while breastfeeding? Here's a guide to popular herbs and their potential risk to nurslings. US Pharm. 2000;25:1-9.

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# **Substance Identification**

### **Substance Name**

Uva Ursi

### **Scientific Name**

Arctostaphylos uva-ursi

# **Drug Class**

**Breast Feeding** 

Lactation

Complementary Therapies

Phytotherapy

Plants, Medicinal

Anti-Infective Agents, Urinary