



Uva Ursi

Revised: June 21, 2021.

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