

**Figure 4: Breastfeeding algorithm<sup>4</sup>**

Time from beginning of drinking until clearance of alcohol from breast milk for women of various body weights: *Assuming alcohol metabolism is constant at 15 mg/dL and woman is of average height (1.62 m [5'4"]).*

MOTHER'S WEIGHT KG (LB)	NUMBER OF DRINKS* (HOURS : MINUTES)												
	1	2	3	4	5	6	7	8	9	10	11	12	
40.8 (90)	2:50	5:40	8:30	11:20	14:10	17:00	19:51	22:41					
43.1 (95)	2:46	5:32	8:19	11:05	13:52	16:38	19:25	22:11					
45.4 (100)	2:42	5:25	8:08	10:51	13:34	16:17	19:00	21:43					
47.6 (105)	2:39	5:19	7:58	10:38	13:18	15:57	18:37	21:16	23:56				
49.9 (110)	2:36	5:12	7:49	10:25	13:01	15:38	18:14	20:50	23:27				
52.2 (115)	2:33	5:06	7:39	10:12	12:46	15:19	17:52	20:25	22:59				
54.4 (120)	2:30	5:00	7:30	10:00	12:31	15:01	17:31	20:01	22:32				
56.7 (125)	2:27	4:54	7:22	9:49	12:16	14:44	17:11	19:38	22:06				
59.0 (130)	2:24	4:49	7:13	9:38	12:03	14:27	16:52	19:16	21:41				
61.2 (135)	2:21	4:43	7:05	9:27	11:49	14:11	16:33	18:55	21:17	23:39			
63.5 (140)	2:19	4:38	6:58	9:17	11:37	13:56	16:15	18:35	20:54	23:14			
65.8 (145)	2:16	4:33	6:50	9:07	11:24	13:41	15:58	18:15	20:32	22:49			
68.0 (150)	2:14	4:29	6:43	8:58	11:12	13:27	15:41	17:56	20:10	22:25			
70.3 (155)	2:12	4:24	6:36	8:18	11:01	13:13	15:25	17:37	19:49	22:02			
72.6 (160)	2:10	4:20	6:30	8:10	10:50	13:00	15:10	17:20	19:30	21:40	23:50		
74.8 (165)	2:07	4:15	6:23	8:31	10:39	12:47	14:54	17:02	19:10	21:18	23:50		
77.1 (170)	2:06	4:11	6:17	8:23	10:28	12:34	14:40	16:46	18:51	20:57	23:03		
79.3 (175)	2:03	4:07	6:11	8:14	10:18	12:22	14:26	16:29	18:33	20:37	22:40		
81.6 (180)	2:01	4:03	6:05	8:07	10:08	12:10	14:12	16:14	18:15	20:17	22:19		
83.9 (185)	1:59	3:59	5:59	7:59	9:59	11:59	13:59	15:59	17:58	19:58	21:58	23:58	
86.2 (190)	1:58	3:56	5:54	7:52	9:50	11:48	13:46	15:44	17:42	19:40	21:38	23:36	
88.5 (196)	1:56	3:52	5:48	7:44	9:41	11:37	13:33	15:29	17:26	19:22	21:18	23:14	
90.7 (200)	1:54	3:49	5:43	7:38	9:32	11:27	13:21	15:16	17:10	19:06	20:59	22:54	
93.0 (206)	1:52	3:45	5:38	7:31	9:24	11:17	13:09	15:02	16:55	18:48	20:41	22:34	
95.3 (210)	1:51	3:42	5:33	7:24	9:16	11:07	12:58	14:48	16:41	18:32	20:23	22:14	

\* 1 drink = 340 g (12 oz) of 5% beer or 141.75 g (5 oz) of 11% wine or 42.53 g (1.5 oz) of 46% liquor.  
 Example 1: For a 40.8 kg (90 lb) woman who consumed three drinks in 1 hour, it would take 8 hours, 30 minutes for there to be no alcohol in her breast milk but for a 95.3 kg (210 lb) woman drinking the same amount, it would take 5 hours, 33 minutes.  
 Example 2: For a 63.5 kg (140 lb) woman drinking four beers starting at 8:00 pm, it would take 9 hours, 17 minutes for there to be no alcohol in her breast milk (i.e. until 5:17 am).