

# Domperidone for increasing breast milk supply

**Domperidone is a prescription medicine generally used for nausea and vomiting. However, in your case it is used to increase breast milk supply.**

Taking domperidone to increase breast milk supply should only be done under medical supervision. Please tell your doctor or lactation consultant if you are taking any other medicines as domperidone may interact with some antibiotic and antifungal medicines and some heart medicines.

## How does it work?

Domperidone increases the level of the hormone prolactin which is involved in breast milk production. Expressing or breastfeeding frequently, while taking domperidone, will help increase your breast milk supply.

## When is it appropriate to use?

Domperidone may be used when breast milk supply is low and when extra breastfeeding or expressing are not enough to increase milk supply.

It may be useful for mothers of preterm babies, very sick newborns or adopting mothers.

## What is the usual dosage?

Domperidone is available as 10mg tablets.

To increase breast milk production, you will use 10 mg (one tablet) three times a day until breast milk supply is well established. This may take several weeks.

Occasionally, your lactation consultant or doctor may increase the dose to 20mg (two tablets) three times a day. The dose may vary depending on your milk supply, but you should not have more than 80mg (eight tablets) in one day.

Once milk supply is well established, you can decrease the dose, e.g. 10 mg (one tablet) two times a day for one week, before stopping the medicine altogether.

## How long does it take to work?

It may take a week before you notice an increase in breast milk supply and two to four weeks to achieve the maximum effect. It is important to keep breastfeeding or expressing during this time. Keep in touch with your breastfeeding specialist,

such as your lactation consultant, doctor, or maternal and child health nurse, for ongoing advice.

## How long is the treatment for?

The length of treatment depends on your response to the medicine. You and your doctor will decide how long you use domperidone.

## What are the side effects?

Some reported side effects include headache (most common), abdominal pain, dry mouth, rash and trouble sleeping. Other side effects such as restlessness and muscle spasm may occur, but they are very rare. Tell your doctor or pharmacist if you experience anything unusual or if you feel unwell.

Very small amounts of domperidone pass into breast milk; it is very unlikely that your baby will have side effects from the medicine. No side effects have been reported in infants of breastfeeding mothers using domperidone.

This fact sheet does not include information about all known side effects. If you would like to know more about the side effects, ask your local pharmacist for the *Domperidone Consumer Medicine Information*.

## For further help and advice

### Medicine Information Service

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Parkville VIC 3052

Hours 9am – 5pm, Monday to Friday

Tel: (03) 8345 3190

After hours answering machine

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