Domperidone for increasing breast milk supply – Patient Information

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 do Domperidone tablets work?
Domperidone increases production of the milk-making hormone Prolactin and this, along with effective breastfeeding/expressing, should encourage your breasts to make more milk. It often takes about 5 days to show an increase in the milk supply. There may be other reasons for low milk supply so using Domperidone may not always be effective.

Dosage:
Domperidone is available as 10mg tablets. To increase breast milk production, take 10 mg (one tablet) three times a day for 2 weeks or until breast milk supply is well established. Once milk supply is well established, you can decrease the dose, e.g. 10 mg (one tablet) two times a day for a week, then once a day, before stopping the medicine altogether.

Effect on Baby:
Very small amounts of domperidone pass into breast milk but there is no record of harmful side effects.

Effect on mother:
A small number of mothers may complain of dry mouth, skin rash, headache, thirst, and trouble sleeping. Domperidone is contraindicated with some cardiac conditions and this should be discussed with the prescribing Doctor if there are any concerns.
Remember

*Domperidone will work better if you increase breast stimulation by breastfeeding or expressing more often, including at night.

*Ensure baby’s positioning and attachment at the breast are optimal.

*Avoid dummy use.

*Try to rest, stay hydrated and eat a well-balanced diet.

For more information & advice contact your local Community Health Centre, Health care provider or Pharmacist.

Stanford newborn nursery, maximising milk production video link:

13 HEALTH (24-hour health information and advice hotline)
Tel: 13 43 25 84
Web: www.health.qld.gov.au/13health