

Fact Sheet Using Domperidone to Increase Milk Production

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What is Domperidone used for?

This medicine is also named Motilium®. It is generally used to stop nausea and vomiting but can also be used to stimulate lactation (milk production) in mothers who may be having a problem making enough milk or keeping their supply.

See your local General Practitioner for a prescription. Domperidone works particularly well to increase milk production if you are:

- Expressing for a sick or premature baby but have not managed to produce a supply.
- Trying to develop a full milk supply while nursing an adopted baby
- Trying to wean the baby from supplements.

Important: Domperidone only works if there is regular stimulation of the breasts through either breastfeeding or expressing

Possible side effects of Domperidone

Some side effects include:

- headache (probably the most commonly reported), these usually disappear when the dose is reduced
- dry mouth
- abdominal cramps and alteration of menstrual periods (very uncommon)

Tell your doctor immediately if you experience fast or irregular heartbeat, swelling of hands, ankles or feet, if you are passing urine more frequently or pain when passing urine.

Before using Domperidone

Before using Domperidone any breastfeeding/expressing problems should be addressed. This means talking to a lactation consultant, Child & Family Health Nurse or a staff member to identify and discuss issues regarding:

- Frequency and duration of expressing
- Method of expressing
- Diet, fluids and rest

If the baby is feeding at the breast

- Get the best possible attachment. This alone may result in the baby getting enough milk
- Use breast compression to encourage the baby to take more milk from the breast
- "Finish" one side before offering the other – this may be about 15 – 30 minutes on the first side
- **Do not limit the baby to one breast at a feed**
Always offer the second breast.

Taking Domperidone

Generally it is advised to start taking one tablet three times a day for at least two weeks. Once your supply of milk has increased sufficiently, gradually reduce the dose of tablets. (see section below on stopping or reducing the tablets)

How long should you take Domperidone?

It is reasonable to be advised by your doctor/lactation consultant to take Domperidone for a period of up to 4-6 weeks. It may be several days before any increase in supply is noticed and for many women maximum effect may take up to 4 weeks.



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Stopping or reducing the tablets

In consultation with your doctor and/or lactation consultant:

1. When it is time to start reducing the number of domperidone tablets, reduce by only one tablet per day at regular intervals (see below)
2. The interval of reducing the tablets depends upon how much of an effect the reduced dosage has on the milk supply. This may be every 3-5 days or weekly
3. Continue to reduce the tablets until you are taking no tablets. If there has been minimal decrease in milk supply then the goal has been achieved
4. If your supply decreases significantly after a dose reduction, return to the previous effective dose and do not decrease the dose for at least two weeks
5. Some mothers, who were not able to cease Domperidone (steps 1-4 above) on the first occasion, have success on the second or third attempt
6. You may find that you have to continue taking a certain number of tablets to maintain your milk supply. But following steps 1-4 above will allow you to be on the lowest effective dose.

When your milk supply has increased, you may gradually reduce the number of tablets taken daily (see Table 1).

Table 1 – Reducing Domperidone

Week	Morning	Lunch	Evening
First week of dose reduction	1 tablet	0 (no tablet)	1 tablet
Second week of dose reduction	1 tablet	0 (no tablet)	0 (no tablet)

If you are interested in using herbal remedies or other alternatives, please seek advice from your local doctor.

For additional information
Australian Breastfeeding Association
1800 686 268
<https://www.breastfeeding.asn.au/>
Making More Milk
www.makingmoremilk.com
If you require further information or advice on using this medication ring
NSW Health Mothersafe
02 9382 6539 / 1800 647848 (Monday to Friday).

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