



DOMPERIDONE

FOR INCREASING BREAST MILK SUPPLY

Domperidone is a prescription medicine usually used for nausea and vomiting. One side effect of it is that it increases the hormone prolactin which stimulates breast milk production. Anything that stimulates milk production is called a galactagogue.

Domperidone is not registered in New Zealand for use as a galactagogue however it is often used when all other methods of stimulating breastmilk production prove ineffective. It is important that you read this information sheet prior to taking Domperidone.

While taking Domperidone, it is essential to maintain a regular pumping and feeding routine at least every three hours during the day and four hours during the night. It is important to maintain contact with your Lactation Consultant while taking Domperidone.

Contraindications: Please ask your pharmacist if Domperidone is safe to take with any other medications you may be taking. Domperidone is contraindicated with drugs that prolong the QT interval.ⁱ Do not take if you have pre-existing prolongation of cardiac conduction intervals, significant electrolyte disturbances or underlying cardiac disease. Caution should be taken if you have a history of anxiety or depression.

Starting Domperidone: Take ONE tablet (10 mg), 3 x a day.ⁱⁱ e.g. 6 am, 2 pm, 10 pm. until breast milk supply is well established. This may take several weeks. Occasionally, your lactation consultant or doctor may increase the dose to a maximum of 40mg (four tablets per day).

ⁱ Johannes CB, Varas-Lorenzo C, McQuay LJ, Midkiff KD, Fife D. Risk of serious ventricular arrhythmia and sudden cardiac death in a cohort of users of Domperidone; a nested case-control study

How long does it take to work? It may take a week before you notice an increase in breast milk supply or four to six weeksⁱⁱⁱ to achieve the maximum effect. It is important to keep breastfeeding and expressing after feeds during this time.

Discontinuing Domperidone. Once milk supply is well established, you can reduce your dose by one tablet every 4-5 days, e.g. 10 mg (one tablet) 2 x a day. If there is no change in your milk supply, reduce by one more tablet and wait another 4-5 days. Again, if no change in supply continue reducing dose every few days until stopped.

If your milk supply drops, then recommence your previous dose and continue as above.

What are the side effects? Some common side effects include: headache, abdominal pain, dry mouth, rash, mood changes and trouble sleeping. Less common side effects such as restlessness and muscle spasm may occur. Tell your lactation consultant or doctor 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, please visit the following links:

<http://www.health.govt.nz/our-work/life-stages/breastfeeding/health-practitioners/domperidone>

<https://www.nzma.org.nz/journal/read-the-journal/all-issues/2010-2019/2015/vol-128-no-1416/6565>

ⁱⁱ Hale T. 2012 Medication and Mothers' Milk, 15th Ed Hale Publishing. Texas

ⁱⁱⁱ Newman J. 2005. The Ultimate Book of Breastfeeding Answers