



# Domperidone to increase milk supply

Domperidone is a medication generally used for nausea and vomiting, but can also be used to increase breast milk supply.

## How does domperidone work?

Domperidone increases milk supply by increasing levels of the hormone prolactin.

## When should domperidone be used?

Domperidone is prescribed when breast milk supply is low and if extra breastfeeding or expressing are not enough to increase milk supply.

While taking domperidone, it is essential to keep a regular pumping and feeding routine at least every three hours during the day and every four hours during the night.

Domperidone may be helpful for mothers of premature babies or very sick newborns as commencing and keeping up a milk supply can be difficult.

It is important to maintain contact with the lactation consultant at the Breastfeeding Centre of WA.

## What is the usual dosage?

To increase breast milk production, you will take one tablet (10mg) three times a day.

## How long does it take to work?

It may take up to a week before you notice an increase in breast milk supply and two to four weeks to achieve the maximum effect.

## How long is the treatment for?

The length of treatment depends on your response to the medicine. Usually treatment is four to six weeks.

It may be necessary to taper the dose at the end of the course under the direction of a health professional.

## When should domperidone not be used?

Do not use domperidone if you have a problem with your heart, including abnormal heart beat.

Your doctor may ask to record your heart rhythm before you start this medicine.

Do not use domperidone if you have had an allergy to it in the past.

Domperidone should not be used if you are taking certain medicines such as:

- Antibiotics containing clarithromycin
- Some hiv medicines
- Some hepatitis c medicines
- Heart medicines containing amiodarone
- Medicines to treat fungal infections containing ketoconazole, voriconazole, itraconazole or posaconazole
- Some (but not all) medicines for mood such as antidepressants or antipsychotic medicines.

The doctor will discuss if this medicine is right for you.

If you start any new medicine, it is important to tell your doctor and pharmacist that you are taking domperidone.



## What are the side effects?

Some reported side effects include:

- Headache (most common)
- Abdominal pain
- Dry mouth
- Rash
- Trouble sleeping.

Other side effects such as uncontrollable movements of the face, arms or legs, excessive trembling and muscle spasm may occur and will reverse on stopping treatment.

## Transfer to breast milk

Very small amounts of domperidone pass into breast milk so it is unlikely that your baby will have side effects from the medicine.

No adverse effects have been reported in infants of breastfeeding mothers exposed to domperidone.

## Further information

Department of Pharmacy  
Obstetric Medicines Information Service  
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Women and Newborn Health Service  
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