



Mercy Health  
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## ***Your important health information***

# **Domperidone for increasing breastmilk**

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Domperidone is a medicine normally used to treat nausea and vomiting. It can also be used to help increase breast milk supply.

### **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, may help increase your breast milk supply.

### **When is Domperidone appropriate to use?**

- Taking domperidone to increase breast milk supply should only be done under medical supervision.
- Domperidone may be used when breast milk supply is low and when extra breastfeeding or expressing are not enough to increase milk supply.
- It is rarely used before seven days after birth.
- It may be useful for mothers of premature babies, very sick newborns or adopting mothers as keeping up a milk supply can be difficult for some of these mothers.

### **How do I use Domperidone?**

- Take 10mg (one oral tablet) three times a day.
- It may take two to four weeks until you have more milk.
- If your milk supply stays low talk with your doctor or a lactation consultant.

### **How long do I need to use Domperidone?**

- It will depend on how well it works for you. Domperidone does not work for all mothers.
- This is different for everyone and should be done with help from your doctor or lactation consultant.

### **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 so 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.

## Can I take other medicines as well?

- It is important to tell your doctor and pharmacist if you are taking **any** other medicines. Domperidone may interact with some anti-depressants, heart medication, antibiotics and antifungal (thrush) medicines.

## Stopping domperidone

- When stopping Domperidone it is suggested to do this gradually.
- Stop taking one tablet a day every 5 to 7 days (see below for an example)
- Repeat this until you are not taking any tablets.

Week	Morning	Lunch	Night
First week	one tablet	no tablet	one tablet
Second week	one tablet	no tablet	no tablet
Third week	no tablet	no tablet	no tablet

### Further Information

If you have any questions regarding this information, please contact:

#### **Mercy Hospital for Women**

Breastfeeding Support Service  
Phone: 03 8458 4677

#### **Werribee Mercy Hospital**

Breastfeeding Support Service  
Phone: 03 8754 3407

#### **Medicines Information Service (Royal Women's Hospital)**

Phone: 03 8345 3190 (Mon-Fri 9am-4pm)

#### **Medicines Information Centre (Monash Health)**

Phone: 03 9594 2361 (Mon-Fri 9am-5pm)

### Acknowledgements

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This document provides general information only and is not intended to replace advice about your health from a qualified practitioner. If you are concerned about your health, you should seek advice from a qualified practitioner