

Domperidone (Motilium®) – Increasing your supply



Lactation- parent information

How does it work?

- Domperidone is a medication that is often used to help with feeling sick or vomiting. Sometimes, it can also be used to help make more breastmilk.
- It works by helping your body make more of a hormone called prolactin, which helps make milk.
- Breastfeeding or expressing often while taking Domperidone can help improve milk supply.

When is Domperidone used?

- Domperidone may be used when breast milk supply is low and other things haven't worked.
- It may help if:
 - Your baby was born early.
 - You are only pumping.
 - You are away from your baby.
 - You are an adoptive mother or trying to restart breastfeeding.

How should I take Domperidone?

- Take one tablet (10mg) three times a day.
- Sometimes your doctor or lactation consultant may tell you to take 2 tablets (20mg) three times a day.
- The most common brand is Motilium®.
- Do not take more than six tablets (60mg) in one day.
- When your milk improves, your doctor may help you slowly stop:
 - Week 1: 1 tablet every 12 hours.
 - Week 2: 1 tablet once a day.
 - Week 3: Stop taking it.
- Do not stop suddenly.

Where do I get Domperidone?

- Talk to your doctor before starting.
- You need a prescription.
- It is called 'off-label' when used for making milk.

How long does it take to work?

- It may take 1-2 weeks to work.
- Keep breastfeeding or expressing during this time.

Can Domperidone cause side effects?

- Some people get a headache, stomach pain, dry mouth, rash and trouble sleeping.
- Rare side effects can include feeling restless or having muscle twitches.
- Tell your doctor or pharmacist if you feel unwell or notice anything unusual.
- Domperidone is not safe for people who have heart rhythm problems or take medicine that affects the heart.
- Always tell your doctor about any other medicines you are taking, including vitamins or natural remedies.

Will it affect my baby?

- No harmful effects in babies have been found.
- A very small amount may pass into your milk.

Are there any other ways to boost milk supply?

- Domperidone is one type of medicine called a 'galactagogue' (milk-making helper).
- Some herbs may help too, but we don't have much good information about them.

For more information and advice

- Your Midwife, Nurse, Child and Family Health Nurse or Lactation Consultant
- Australian Breastfeeding Association www.breastfeeding.asn.au or helpline 1800 686 268
- Raising Children Network www.raisingchildren.net.au
- Growing Healthy Kids Website <https://www.growinghealthykids.com.au/>
- Global Health Media Videos www.globalhealthmedia.org

This information is for guidance only and does not replace advice from your healthcare provider.

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