

References:

1. Cregan MD, Hartmann PE. Computerized breast measurement from conception to weaning: Clinical implications J Hum Lact 15(2) 89-96.
2. DaSilva OP, Knoppert D, Angellini M, Forret PA, Effect of Domperidone on milk production in mothers of premature newborns: a randomized, double-blind, placebo controlled trial. CMAJ 164(1): 17-21, 2001.
3. Hale TW. Medications in Mothers' Milk, Tenth Ed. Amarillo: Pharmasoft Publishing, 2002.
4. Hill PD, Aldag JC, Chatterton RT. Initiation and frequency of pumping and milk production in mothers of non-nursing preterm infants. J Hum Lact 17(1): 9-13, 2001.
5. Riordan J, Auerbach KG. Breastfeeding and Human Lactation, Second Ed. Sudbury, Ma: Jones and Bartlett Publishers, 1998.
6. Newman J, Pitman T, Dr. Jack Newman's Guide to Breastfeeding, Toronto, Canada. HarperCollins Publishers Ltd. 2002.
7. Gabay, M.P., Pharm D, BCPS Galactagogues: Medications That Induce Lactation. J Hum Lact 18(3) 2002, 274-279

Increasing Your Milk Supply

DOMPERIDONE



DOMPERIDONE

- ❖ A prescription medication used for stomach and bowel problems.
- ❖ A side effect of Domperidone is an increase in prolactin, the milk making hormone.
- ❖ Domperidone has not been endorsed by the manufacturer to increase milk supply.
- ❖ Domperidone has been shown to increase milk of mothers pumping for premature babies.
- ❖ It is more effective for mothers who once had a good milk supply.
- ❖ It is less effective for mothers who have always had a low milk supply.
- ❖ If you use Domperidone you must be committed to pumping your breasts a minimum of 8 times in 24 hours, otherwise this medication will not work.
- ❖ Be sure that you have obtained the NICU handouts for breastfeeding your premature baby.

SIDE EFFECTS

- ❖ Dry mouth
- ❖ Mild headache
- ❖ Increase in number of bowel movements

IS DOMPERIDONE RIGHT FOR ME?

- ❖ Domperidone is a prescription medication.
- ❖ Your Family Doctor is familiar with your medical history and the best person to help you decide if Domperidone is right for you.

CHOOSING THE CORRECT DOSE

- ❖ The study done at St Joseph's Health Care in London used 10 mg three times each day.
- ❖ Dr. Jack Newman in Toronto uses 20 mg four times each day.
- ❖ Research has not been done to determine the best dose to increase milk.
- ❖ It is up to you and your doctor to decide if you should try this medication, the dose to start, and if the dose needs to be changed.
- ❖ You do not have to take this medication 30 minutes before eating, because you are not using it for stomach problems.

You may contact the Lactation Consultants at SJHC London at 646-6000 pager #10417.

HOW LONG SHOULD I TAKE DOMPERIDONE?

- ❖ You should notice an increase in milk within the first week.
- ❖ There are no studies following the effects of Domperidone long term.
- ❖ If your baby is in the NICU, be sure the NICU team knows when you are taking any medication.
- ❖ It is safe to take Domperidone when breastfeeding.
- ❖ When you are taking Domperidone, a consultation with a Lactation Consultant and/or your Family Doctor is recommended.
- ❖ Once your milk supply has been re-established and you are emptying your breasts frequently (8-10 times in 24 hours), you should be able to maintain your milk supply without Domperidone.
- ❖ Most mothers on Domperidone will take it for 2 weeks or more, until their milk supply has increased.
- ❖ Once your supply is re-established, wean off the dose very gradually, monitoring your milk supply by keeping a milk record.
- ❖ Speak with your Lactation Consultant for more information on weaning the dose.