

# Using Domperidone

## Increasing breastmilk production



**Domperidone is also called Motilium®. It is generally used to stop nausea and vomiting but can also be used to stimulate breastmilk production in mothers who may be having problems making enough breastmilk or keeping their supply.**

Before considering the use of Domperidone seek breastfeeding and/or expressing support from:

- Your Child and Family Health Nurse
- Your Midwife
- A Feeding Clinic
- An Infant Feeding Consultant
- A Lactation Consultant
- The Australian Breastfeeding Association

Support may include advice about:

- Frequency and duration of breastfeeding
- Optimal expressing tips
- Diet, fluid and rest
- Getting the best possible breastfeeding attachment
- Using breast compression
- Offering both breasts at each feed
- An oral assessment of your baby
- How to tell if your baby is getting enough breastmilk

Domperidone may be used to increase your breastmilk production if you are:

- Expressing for a sick or premature baby but have not managed to develop a full breastmilk supply or your supply has decreased
- Trying to increase your breastmilk supply if it is low
- Trying to develop a full breastmilk supply while inducing lactation (making breastmilk when you have not been pregnant) or relactating (making breastmilk after stopping)

**Domperidone should be avoided if you or your baby:**

- Have problems with your heart
- Take medications that can cause changes to your heart rhythm
- Have problems with your liver
- Have high or low potassium levels in the blood
- Have low levels of magnesium in the blood



**Visit your GP to find out if it is relevant and safe for you to be prescribed this medication.**



- Domperidone is not recommended in the first week after birth. Your body needs time to naturally increase your breastmilk supply.
- Domperidone only works if there is regular breastfeeding and/or expressing of breastmilk.
- Once started it will be several days before you notice any increase in your supply.

### Common side effects of taking Domperidone

- Headache
- Abdominal pain
- Dry mouth

### Tell your doctor IMMEDIATELY if you:

- Have a fast or irregular heartbeat
- Have swelling of your hands, ankles or feet
- Are passing urine more frequently
- Have pain when passing urine



**It is generally advised to take one Domperidone tablet (10mg) 3 times a day**



### Stopping or reducing the tablets

When your breastmilk supply has increased you may gradually reduce the amount of Domperidone you take.

To help avoid the side effects of stopping Domperidone, including insomnia, anxiety, tachycardia (a faster than normal heart rate) and reduced breastmilk supply, it is recommended to reduce the amount of tablets you take slowly.

How often you reduce your dose depends on how the reduction affects your breastmilk supply.

If your supply decreases significantly after a dose reduction, return to the previous dose and try again later. If there is a small or no decrease in your breastmilk supply then the goal has been achieved.

	Morning	Lunch	Evening
1st week	1 tablet	No tablet	1 tablet
2nd week	1 tablet	No tablet	No tablet
3rd week	Stop taking Domperidone		

### Contact Information

**Infant Feeding Consultant**, Nepean Hospital  
Telephone: (02) 4734 2292

**Feeding Clinics** located at your Community Health Centre

- + Hawkesbury (02) 4560 5714
- + Lithgow (02) 4751 0100
- + Katoomba (02) 4751 0100
- + Springwood (02) 4751 0100
- + St Marys (02) 9833 6800
- + Doonside (02) 8670 3300
- + Old Toongabbie (02) 9682 3133

#### Lactation Consultants

Ask your Child and Family Health Nurse or search for LCA NZ on the internet

#### Australian Breastfeeding Association

Telephone: 1800 686 268



**Health**  
Nepean Blue Mountains  
Local Health District

PO Box 63  
Penrith NSW 2751  
**Telephone:** (02) 4734 2000  
**Fax:** (02) 4734 3737

**Web:** [www.nbmlhd.health.nsw.gov.au](http://www.nbmlhd.health.nsw.gov.au)  
**Email:** [NBMLHD-mail@health.nsw.gov.au](mailto:NBMLHD-mail@health.nsw.gov.au)  
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