

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

Your GP will determine if Domperidone is relevant and safe for you before they will prescribe it. Please let your GP know all the medications and herbal supplements you take before prescription.

- 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

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		

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

Contact Information

Contact your Child and Family Health Nurse or nearest Community Health Centre:

Penrith

Clinical Nurse Unit Manager
Phone: (02) 9834 0500

Blue Mountains & Lithgow

Clinical Nurse Unit Manager
Phone: (02) 4751 0100

Hawkesbury

Hawkesbury Community Health Centre
Phone: (02) 4587 0746

Lactation Consultants

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

Australian Breastfeeding Association

Telephone: 1800 686 268



Scan the QR code for more information and resources

Nepean Blue Mountains Local Health District

PO Box 63
Penrith NSW 2751
Telephone: (02) 4734 2000
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Web: www.nbmlhd.health.nsw.gov.au
Facebook: www.facebook.com/NBMLHD
Instagram: [instagram.com/nepeanbluemountains](https://www.instagram.com/nepeanbluemountains)
Twitter: @NBMLHD
YouTube: Nepean Blue Mountains Local Health District