



Patient Information

Domperidone

Domperidone is a prescription medication which is commonly used to treat stomach problems. One of the side effects of Domperidone is an increase in the hormone that makes breastmilk. It has been used for many years to help mothers make more breastmilk. If you are worried about your breastmilk supply, speak with a Lactation Consultant (IBCLC) or health care provider skilled in helping breastfeeding mothers.

This medication is available by prescription from a physician, nurse practitioner or midwife.

Tell your health care provider about any medications or herbal remedies you are taking and any health conditions you have.

Common Questions

Is Domperidone right for me?

- Most mothers have enough milk for their baby.
- Try the suggestions in the handouts “Building Your Milk Supply” and “How to Be Sure Your Baby is Getting Enough”.
- If you still think you might not have enough breastmilk, talk to your health care provider, Lactation Consultant, or someone skilled in helping breastfeeding mothers.
- Your health care provider will ask you some questions about your health history and other medications and herbal remedies you are taking.

Is Domperidone safe for babies?

- Domperidone is passed into breastmilk in small amounts. Studies have not shown any harmful effects to babies.
- Domperidone is given to babies and children to treat stomach problems.
- Speak to your baby’s health care provider and pharmacist about the safety of this medication.

How long does it take for Domperidone to start helping me make more milk?

- Most mothers notice an increase within the first 2 days of starting Domperidone. You should notice more breastmilk within the first week.
- Make sure that you breastfeed or express breastmilk at least 8 or more times in 24 hours.
- Keep a record of each time your baby breastfeeds and/or amounts of expressed breastmilk. This can help you see when your milk supply increases.

What dose of Domperidone do I need?

- Only your health care provider can prescribe Domperidone for you.
- Your health care provider may start you on a low dose of Domperidone and change the dose if needed

- Most mothers take 10 mg three times a day (one pill every 8 hours). Some mothers take 20 mg three times a day (two pills every 8 hours).

How long do I need to take Domperidone?

- Share your baby's record of feeds and expressed breastmilk with your health care provider or Lactation Consultant. This will help show if your milk volume is meeting your baby's feeding needs.
- Talk to your health care provider about when to gradually reduce the amount of your medication.

What other things should I know about Domperidone?

- This medication can be taken with or without food.
- Avoid grapefruit juice or foods that contain grapefruit while on Domperidone or within two days of starting or stopping this medication. Grapefruit can change how well this medication works.

If you feel unwell seek immediate medical attention especially if you have recently given birth or started a new medication.

Domperidone must be used along with responsive cue-based feeding, skin-to-skin contact with your baby, and hand expressing/pumping. Continue taking vitamins and iron if your health care provider has advised you to do so. Remember to eat a healthy diet and drink fluids when you feel thirsty. Rest when you can. Every drop of breastmilk you can give your baby matters.

References:

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