

### What is Domperidone (Motilium) and how does it work?

Domperidone (Motilium) is a medication generally used for nausea and vomiting. A side effect of this drug is an increase in prolactin. Prolactin is a key hormone involved in breastmilk production.

### When is Domperidone (Motilium) used?

Frequent and effective milk removal are the most important factors when it comes to increasing breastmilk supply. If breastmilk supply remains a challenge after ensuring the baby is attached correctly and extra milk is being removed regularly, Domperidone (Motilium) may help.

When taking Domperidone (Motilium) it is important to continue to frequently breastfeed or express. Ideally you should express or breastfeed a minimum of 8 times every 24hrs. You should not leave more than a 5-hour break between breastfeeding or expressing overnight.

### Recommended dosage

The recommended dosage is 1-2 tablets three times a day until milk supply increases and stabilizes.

It may take up to a week to notice an increase in breast milk supply and 2-4 weeks to achieve maximum effects. Once the maximum effect is achieved, you can wean off the medication by reducing the dose gradually, i.e. 1 tablet twice a day for one week, then 1 tablet once a day for one week, then cease.

### Possible side effects

Side effects are possible with this medication. Some women who are taking Domperidone (Motilium) have reported side effects such as headaches, abdominal pain, skin rash, dry mouth and restlessness. This patient information sheet does not list all known side effects. Please consult the Domperidone Consumer Medicine Information Leaflet for more information.

You can also contact Mothersafe if you have any concerns on 1800 647 848.

Very small amounts of Domperidone (Motilium) pass into the breastmilk. No adverse effects have been reported in infants whose mothers are taking Domperidone (Motilium).

### When Domperidone (Motilium) should not be used

Domperidone (Motilium) should be prescribed by a medical doctor who will determine if this medicine is right for you.

# San Maternity

## Use of Domperidone (Motilium) to increase Lactation

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Domperidone (Motilium) should not be used by women if they are taking certain medicines such as:

- antibiotics
- antifungals
- heart medicines
- some (but not all) mood medicines such as antidepressants/antipsychotic medicines.

Domperidone (Motilium) may not be appropriate in women who have a history of certain medical problems such as heart arrhythmia's.

### For more information:

#### Australian Breastfeeding Association

p: 1800 686 268

w: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

#### Sydney Adventist Hospital Lactation Department

p: 02 9480 4071

w: [www.sah.org.au/maternity](http://www.sah.org.au/maternity)

#### Mothersafe – Medications in Pregnancy & Lactation service

p: 1800 647 848

w: [www.mothersafe.org.au](http://www.mothersafe.org.au)

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