

Medications commonly used for increasing milk supply

1. Domperidone

- Important to tell your doctor or pharmacist of any medications you are on as domperidone can interact with some medications.
- Women with any heart rhythm abnormalities should be cautious in taking domperidone (please let your doctor know if you have a rhythm problem)
- Rarely, women can experience mood issues when coming off domperidone. We recommend that you come off slowly. We suggested that you decrease the dose by one tablet every 5-7 days. (example: from 6 tablets per day decrease to 5 then wait a week, then drop to 4 then wait a week. Continue decreasing like this until you are off the medication.

2. Metformin

- Can cause loose stool or diarrhea when starting metformin. We suggest starting at a low dose and going up slowly as your tummy tolerates.
- We recommend you continue to take your prenatal vitamin daily while on metformin or a multivitamin with at least 2.4 mcg of vitamin B12 in it.

If you have any questions about either of these medications, please contact our clinic and speak to a physician.