

Domperidone Safety

Key points to know before starting the medication:

- Domperidone is used “off label” to increase breastmilk supply.
- It is generally well tolerated by chest feeding people.
- There are alternatives to domperidone, including medications (metformin) or herbal supplements/galactagogues to increase breastmilk supply.
- Domperidone is not a replacement for increased effective emptying of the breast as this is *most important* to increase milk supply (the breast generally works on supply and demand, the more milk we remove from the breasts the more milk they will make).
- Domperidone may interact with other medications so please tell your doctor or pharmacist of any medications or supplements you are taking prior to starting domperidone.
- Any people with heart rhythm abnormalities should be cautious in using domperidone as this medication has a potential risk of causing a heart rhythm abnormality, especially when used while taking certain other medications with the same risk.
- Once this medication is started, women typically take it for anywhere from a few weeks to months.
 - Suddenly stopping the medication can lead to side effects including: a drop in breastmilk supply, nausea, headaches, or feeling unwell.
 - In very rare cases a suddenly stopping the medication can lead to mood changes including depressive symptoms, anxiety, and potentially suicidal thoughts.
 - The risks are higher with higher doses. The usual dose of domperidone used for lactation is 10-20 mg three times/day; higher doses are sometimes used cautiously.
 - These risks are much lower if you slowly taper the medication. We suggest you decrease by one tablet/day every 5-7 days. Continue to decrease slowly until you are off the medication

We are here to help and support you through each step of your breastfeeding/infant feeding journey including adjusting or tapering medications. Please contact our clinic or your healthcare provider with any questions or concerns.