

## Medications Commonly Used for Increasing Milk Supply

### 1. Domperidone

- Used “off-label” for increasing milk supply, originally used as a stomach medication to help with acid-reflux or constipation
- Increases prolactin which is the hormone that makes milk
- Common side effects include diarrhea and headaches
- It is 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 healthcare provider know if you have a heart rhythm problem)
- Rarely, women can experience mood issues when stopping domperidone. We recommend stopping the medication slowly to reduce this risk. We suggest that you decrease the dose by one tablet/day every 5-7 days
  - i. Example: If taking 6 tablets per day then decrease to 5 tablets per day, wait one week, then drop down to 4 tablets per day. Continue decreasing like this until you are off the medication

### 2. Metformin

- Used “off-label” to increase milk supply
- There is limited research but it seems to work by helping the milk making cells respond better to prolactin (the hormone that makes milk)
- It is especially helpful in patients with a history of PCOS or diabetes and for those patients whose breasts did not grow much during pregnancy
- Can cause loose stool or diarrhea so we suggest starting at a low dose and going up slowly as tolerated. The usual dose is 500 mg three times a day but you can start with 250 mg once a day and increase the dose every few days.
- 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 or contact your healthcare provider**