



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.