

Background

Domperidone (or Motilium) is a medication that can be used to help women improve their milk supply. It has been shown to be effective and safe. The usual dosage is 10mg tds orally. If this is not effective the dose can be increased to 20mg tds.

Low milk supply may be suggested by:

- Inadequate baby weight gain OR excessive weight loss (>10 % from birth weight).
- The healthy term baby has not regained birth weight by 2-3 weeks of age.
- The baby is falling across predicted weight percentiles on the WHO growth chart.
- There is inadequate urine production and/or infrequent stools.
- The infant is unsettled (and thought to be from poor satiety).

Low milk supply must first be addressed by improving breastfeeding by:

- Ensuring appropriate fit and hold while breastfeeding. This allows good milk transfer, comfortable feeding, and positional stability for the baby. Please see the Gestalt Breastfeeding Online Program for help with this.
<https://education.possumsonline.com/programs/gestalt-breastfeeding-online-program>
- Frequent feeding. Most babies will need to feed 8-12 times in 24 hours. If there is low supply, feeding 12 times a day is optimal.
- Consideration of extra stimulation by using a breast pump after (some or all) feeds.

MOTHER'S NAME:

MOTHER'S DOB:

Checklist Before Prescribing

1. Known hypersensitivity to domperidone; renal/hepatic impairment; or history of prolactinoma?
Domperidone is contraindicated

2. Known cardiovascular disorders or family history of arrhythmias/sudden death?
Domperidone is contraindicated in patients with a history of cardiac abnormalities, especially arrhythmias. If concerns, perform ECG prior to commencing domperidone to assess QT interval.

3. Known use of medications that can prolong QT interval OR inhibit CYP3A4 (ie SSRIs, oral fluconazole, "-mycin" antibiotics, ondansetron)?
Domperidone is a relative contraindication. If domperidone strongly indicated, suggest an ECG prior to prescribing to assess QT interval as well as another 3 days after commencing. Cease if QT is prolonged.

4. Advise the patient of potential side effects: dry mouth, transient skin rash, itching, headache, thirst, abdominal cramps, drowsiness.
Most are mild and rarely result in ceasing medication.

5. Advise the patient to seek immediate medical attention if they experience dizziness, palpitations or seizures.