## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience team on **01932 723553** or email **asp-tr.patient.advice@nhs.net**. If you remain concerned, the team can also advise on how to make a formal complaint.

You can also share your feedback with our Maternity and Neonatal Voices Partnership (MNVP) via email **asphmvp@gmail.com**

**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**

**You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.**

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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# Domperidone for Increasing Breast Milk Supply

## Maternity and Neonatal Departments

**Published:** September 2026

**Patient information**

# Domperidone for Increasing Breast Milk Supply

## About this leaflet

This leaflet provides information about **domperidone**, a medication sometimes used to help increase breast milk supply. Domperidone is prescribed **off-label** for this purpose and should only be taken under the guidance of a healthcare professional.

## What is Domperidone?

Domperidone is a medicine commonly used for nausea. It can also raise levels of **prolactin**, the hormone that helps your body make breast milk. Although not licensed to increase breastmilk, it is used in clinical practice to support milk production when breastfeeding or expression is already optimised.

## How Does Domperidone Help Increase Milk Supply?

Domperidone increases prolactin, which signals the breasts to produce more milk. It works **best when combined with frequent, effective breastfeeding or pumping**.

Domperidone should only be considered when:

- Feeding technique and breast drainage have been reviewed
- You are expressing or breastfeeding at least 8 -10 times in 24 hours
- Non-medication interventions have not been effective



## References:

Reyes, S. M., Paul, T. L., & Ferry, J. (2025) Human Milk Fortification and Necrotizing Enterocolitis in Very Low Birthweight Infants: State of Evidence and Systematic Review with Meta-Analysis. *Nutrients*, *17*(21), 3384. https://doi.org/10.3390/nu17213384

The Breastfeeding Network: Drugs in breastmilk information (2024) Factsheet: Domperidone and breastfeeding. https://www.breastfeedingnetwork.org.uk/factsheet/domperidone/

NHS Medicines A-Z:
Domperidone: anti-sickness medicine for nausea and vomiting
https://www.nhs.uk/medicines/domperidone/

**Is it safe for my baby?**

Very little enters breast milk, and it is considered low-risk when used as advised.

**Are there herbs that can increase my milk supply?**

All herbs and prescription medicines used for increasing milk supply have potential side effects. Learn more about your options in this fact sheet:

What is a galactagogue? Do I need one?
https://kellymom.com/bf/can-i-breastfeed/herbs/herbal_galactagogue/

## Support and Further Information

For help with breastfeeding or expressing, please contact:

- NICU infant feeding Lead, IBCLC:
  Liz Jennis: e.jennis@nhs.net
- Specialist Neonatal Dietitian:
  Michaela Smith: Michaela.smith13@nhs.net
- Maternity infant feeding team:
  asp-tr.maternityinfant-feeding@nhs.net

Speak with your midwife, health visitor, or neonatal nurse to arrange support.



## Who May Benefit from Domperidone?

Domperidone may be considered if:

- You are exclusively pumping less than 500ml in 24 hours beyond day 10 and an assessment of expressing has considered and addressed other measures to increase breastmilk supply.
- You have been advised to start formula to support your baby's growth, but you want to exclusively breastfeed.

## Who Should *Not* Take Domperidone?

Domperidone is **not suitable** if you or your baby have:

- Any significant heart conditions or **arrhythmias**
- Are taking medicines that prolong the **QT interval**
- Known liver disease
- Low potassium or magnesium levels
- Anyone with known or suspected phaeochromocytoma (a rare tumour of the adrenal gland)

These risks are highlighted by national breastfeeding guidance (Reyes et al., 2025; The Breastfeeding Network, 2024)

Your doctor will check your medical history and current medications before prescribing.

A prescription can only be considered if the prescribing doctor has access to your medical records at ASPH.

## Recommended Dose

Your doctor will confirm the correct dose.

A typical prescription is:

**10 mg (one tablet), three times a day for 7 days maximum.**

## How Long Until It Works?

Some people notice improvement within **3-7 days**.

If no change is seen after **7 days**, treatment may be reviewed.

## Possible Side Effects

Most people experience no significant problems. Possible side effects include:

- Headache
- Dry mouth
- Abdominal cramps
- Low mood

If symptoms occur or worsen, speak to your healthcare professional.

Domperidone can occasionally trigger episodes of high blood pressure. Stop taking the medicine and seek medical attention immediately if you experience symptoms such as persistent headache, blurred vision, shortness of breath and chest pain.



## Important Safety Information

Domperidone can rarely affect heart rhythm.

Your doctor may assess for risk factors before prescribing, especially if:

- You take other medications
- You have a history of cardiac issues

(Reyes et al., 2025; The Breastfeeding Network, 2024)

## Using Domperidone Alongside Breastfeeding or Pumping

Domperidone works **only** if milk is being removed regularly. For best results:

- Breastfeed or pump **8-10 times a day**
- Include at least one night-time session
- Practise skin-to-skin
- Use a hospital-grade double pump if expressing
- Ensure you are using the correct pump flange size
- Use breast compressions while pumping

## Frequently Asked Questions

**Will Domperidone work for everyone?**

Not always. Some mothers see a clear improvement, others see little or none.