

Domperidone Information

Domperidone is a dopamine receptor antagonist that is usually prescribed for nausea, vomiting and gastric motility. Off-label use, domperidone can be prescribed as a galactagogue (substance to help increase milk production) by increasing prolactin in your body and resulting in an increase in milk production for some people.

Health Canada in 2004 issued an advisory to health care professionals and a public warning stating there is an association of domperidone with serious abnormal heart rhythms and sudden cardiac death. This advisory has been reviewed many times with the most recent publication in 2021 which concluded that the evidence does not suggest any new cardiac safety risks and there are minimal cardiac contraindications.

It is recommended to be on the lowest therapeutic dose for the shortest time possible. The higher the dose and the longer this medication has been taken can increase possible side effects. Side effects may also be increased when weaning too quickly or stopping this medication abruptly. Potential side effects of this medication (but not limited to): depression, dizziness, headaches, anxiety, insomnia, weight gain, dry mouth

It is very important to stop the domperidone slowly. Weaning from this medication too quickly may lead to an increased risk of side effects, in particular depression (suicidal & homicidal ideation), insomnia and anxiety.

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- **Decrease the domperidone to 2 pills 3 times a day for 2 weeks.**
- **Decrease the domperidone to 1 pill 4 times a day for 2 weeks.**
- **Continue to decrease the domperidone by 1 pill 3 times a day for 1 week.**
- **Decrease the domperidone to 1 pill 2 times a day for 2 weeks.**
- **Decrease the domperidone to 1 pill once a day for 2 weeks.**

Then stop.

If you are experiencing any side effects stop weaning the domperidone and contact your family doctor or a health professional.

For additional resources please see our website www.partnersinpregnancy.ca

Additional resources:

1. <https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada/health-product-infowatch/january-2022.html#domperidone>
2. <https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/9-galactogogues-protocol-english.pdf>
3. https://www.canadianbreastfeedingfoundation.org/induced/stopping_domperidone.shtml