



Effect of Domperidone on Lactation in Low Milk Supply Women in Tehran, Iran:

A Randomized Clinical Trial

Effect of Domperidone on Women Lactation

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Abstract

Introduction: The promotion of breastfeeding is a simple and efficient strategy in reducing morbidity and mortality among newborns worldwide. Domperidone is a blocker of dopamine receptors, which causes prolactin release. We aimed to determine the efficacy of domperidone on the amount of breast milk secretion among mothers with low-milk-production.

Materials and Methods: This interventional study was performed on 16 consecutive low-milk-producing women who attending to Azad University Hospitals in Tehran, Iran during 2013-2014. Eligible mothers received domperidone at a dose of 30 mg orally per day (10 mg tablet three times daily) for a week. Breast-milk volume, as well as the serum levels of prolactin, were determined before and after the intervention. Also, any adverse drug reactions were recorded.

Results: The mean breast milk volume was 173.75 ± 47.73 and 326.88 ± 26.19 ml before and after the intervention, respectively. Also, administered of domperidone cloud significantly increase of %53.1 ($P < 0.001$) in daily milk production. Also, the mean serum prolactin level was 161.19 ± 19.13 and 254.0 ± 25.53 ng/ml, before and after medications, respectively, which showed a significant increase of %63.46 ($P = 0.0001$).

Conclusion: Domperidone increases the volume of breast milk production among nursing mothers. There was no drug-related side effect for mothers and infants.