Increasing your Supply of Breastmilk

English 2025

Many mothers worry about producing enough breastmilk for their babies and many stop breastfeeding because they feel like they don't have enough milk. If you are concerned that your breastmilk supply is low, it is important to seek advice from a breastfeeding specialist, like your Midwife, Lactation Consultant, Child and Family Health Nurse, Australian Breastfeeding Association counsellor or General Practitioner (GP).

You will know your baby is getting enough milk if:

- They have at least eight to twelve breastfeeds within 24 hours.
- They have six to eight pale coloured, wet cloth nappies or five to six pale, odourless heavily wet, disposable nappies over a 24-hour period after the first few days.
- Breastfed babies should have at least two soft yellow poos every 24 hours for the first 6 weeks.
- They are contented after most feeds.
- They have good skin and muscle tone.
- They show signs of growth or weight gain. Babies lose 5-10% of their birthweight in the first few days. Babies usually reach their birthweight by around 2 weeks of age and then put on weight slowly. Your Child and Family Health Nurse or GP will monitor baby's weight and discuss it with you if they have any concerns.

Things to try if you are worried about your breastmilk supply:

- Check that your baby is positioned and attached correctly. Any nipple damage or distortion can mean baby is not attached properly and may be receiving less milk.
- Increase breast stimulation by increasing how often you feed or the number of times you express, including feeding at night time.
- Ask for a breastfeeding specialist to observe a whole feed. They may be able to make some suggestions on how you can feed your baby more effectively.
- Feed from one breast then offer the second breast. Offer both breasts a second time.
- Squeeze your breast for ten seconds a few times while baby is breastfeeding. This can increase how much milk baby gets.
- Offer a 'top-up' breastfeed if your baby is unsettled.
- Offer another breastfeed for comfort, rather than using a dummy.
- Hold your baby skin-to-skin.
- Avoid giving your baby other fluids or food unless it is necessary for their health.
- Try to rest, drink adequate fluids and have a well- balanced diet.

- Limit caffeine (tea, coffee, cola and chocolate), nicotine and alcohol.
- Accept practical help at home.
- Surround yourself with supportive people.
- Use of medication to increase supply would only be suggested if other means have been unsuccessful. Medication will have the best chance of working if you also continue increased breast stimulation and removal of milk.

Domperidone (motilium) to increase breastmilk supply:
Domperidone is a medication normally used to treat nausea and vomiting, but it can also increase production of the milk producing hormone prolactin. It may take a week before you notice an increase in your breast milk supply.
It is important to continue frequent breastfeeds - that is a minimum of 8 every 24 hours, and/or expressing to help your breasts make more milk whilst taking domperidone.

Dosage:
Take 1 tablet (10 mg), three times a day, e.g. 6 am, 2 pm, 10 pm.
You should see a response within 7 days, but the full effect may take 2-4 weeks.
Once an improvement in your milk supply is achieved, begin decreasing the dose over 1-2 weeks before stopping the medicine all together. There is little evidence to support treatment with domperidone for more than one month but seek advice from a Lactation Consultant or your breastfeeding specialist.
Possible effects on mother:
Tell your doctor if you have any underlying medical conditions or if you are on other medications. A small number of mothers may complain of a dry mouth, skin rash, headache, thirst or drowsiness. If side effects are severe stop the medication and seek medical advice.
Possible effects on baby:
There is no record of harmful side effects for babies. However, a small amount of the domperidone will pass through to the breastmilk.

Other Options:
Sometimes herbal/naturopathic preparations may be suggested. There is little researched information available on dosage, effectiveness and safety for either mother or baby.

Resources

- Your Midwife, Child and Family Health Nurse, or Lactation Consultant.
- Australian Breastfeeding Association www.breastfeeding.asn.au Helpline: 1800 686 268.
- Mother Safe (Medications in Pregnancy & Lactation Service) www.mothersafe.org.au Phone: 02 9382 6539 or 1800 647 848 if outside the Sydney Metropolitan area.
- If you need an interpreter, call Translating and Interpreting Service (TIS) on 131 450