



830 Oak Street  
Brockton, MA 02301  
(508) 583-4961  
Fax (508) 583-4732  
Soheil.Hanjani@Steward.org

## **Metoclopramide (Reglan) for breast feeding**

Mothers who express breast milk for their babies can experience difficulties in sustaining an abundant milk supply. The reduction of breast milk production can be related to several factors including: fatigue, stress, irregular breast emptying, and hormonal issues.

For some specific situations, the medication Metoclopramide (Reglan) may be an option to boost milk supply. This medication has been shown to increase the mother's milk supply. It stimulates the release of the hormone prolactin. Prolactin is the hormone needed to assist with the milk production process. It also has other uses, including for stomach problems and nausea.

The recommended dosage schedule for Metoclopramide is a regime over 12 days and occasionally a maintenance dose to follow.

Prescription - Metoclopramide 10 mg tablets, 30 tabs to be taken according to the following schedule:

Day 1- 1 tablet.

Day 2 - 1 tablet twice daily.

Day 3 through 10 - 1 tablet 3 times daily.

Day 11 - 1 tablet twice daily.

Day 12 - 1 tablet and then 10 mg daily for the duration of breast feeding.

Do not take more than 3 tablets in 1 day.

As with any medication, side effects have been reported, but are fairly uncommon for these dosage and length of time. These include: fatigue, irritability, rarely depression.

If you feel sick or have any side effect from this medication please contact the office.