THE USE OF REGLAN®
(METOCLOPRAMIDE)
TO INCREASE BREAST MILK PRODUCTION
(Information for Patients)

1. **Uses:**
The most common use for Reglan® is as a gastrointestinal stimulant for treating nausea, vomiting, heartburn, and reflux. It also increases breastmilk volume. This medicine should only be used for this purpose after all other methods to increase your milk supply have been tried, such as adequate pumping, rest, nutrition, and fluid intake. Keep in mind that your breastmilk will normally “come in” on day 3-5 after delivery. The most common indication for use of Reglan® is for mothers of premature infants who, in spite of correct use of pumping routines have a decrease in milk production.

2. **How It Works:**
Reglan® increases the milk hormone prolactin. These levels increase 3-8 times within 60 minutes after taking the medicine by mouth. This is a good time to pump or breastfeed. Prolactin levels stay elevated for at least 8 hours. You should see improved milk production within 2 to 3 days.

3. **Tips:**
Pumping/breastfeeding routines should be followed with a goal of 8 pumping/breastfeeding sessions in a 24-hour period. Taking Reglan® without pumping or breastfeeding will not help your milk supply. One pumping session at night, when your prolactin levels are at their highest, is recommended. For mothers with infants in the NICU a double electric, hospital-grade breast pump is preferred. This type of pump should be used until your baby is at its due date and/or breastfeeding well.

4. **Dosage:**
10 milligrams, 3 times a day, for 7-14 days. If after finishing the medicine you notice a decrease in your milk production, a repeat course of Reglan® with slow decreasing of the dose may be needed. Talk to your doctor.

5. **Possible Side Effects:**
As with most medicines, side effects can occur, but not usually at this dose for such a short period of time. Fatigue or irritability is noticed by some mothers, but may be related to other things. A rare, more serious side effect seen in longer use of Reglan® is depression. Lactation Consultants will ask you about any history of depression or use of medicines to treat depression.