



Galactagogues

A galactagogue is a drug that increases milk production. It is no substitute for a good latch, frequent feedings and removing milk at least 8 times/day with a double electric pump. In addition, there should be a review of other factors that may interfere with your milk production or your baby's ability to remove milk from the breast. Always be sure these things are addressed before resorting to a medication.

HERBS

Certain herbs are commonly used to increase milk supply. They do not require a doctor's prescription and they are not regulated by the Federal Food and Drug Administration, so quality control is not guaranteed. Therefore, we recommend you buy herbs from a reputable source, such as MilkWorks. It is not clear how herbs work to increase milk production.

How long does it take to start working?

Milk volume usually increases within 24-72 hours.

Cost: Usually around \$10-15/week.

What is the dose?

Fenugreek: 2-4 capsules (580-610mg)
taken 4 times a day.

Special Blend:

Under 175 lbs: $\frac{1}{4}$ tsp (1ml) 4 times/day

Over 175 lbs: $\frac{1}{2}$ tsp (2ml) 3 times/day

Take with 1-2 oz. of liquid. Although it is important to drink plenty of fluids throughout the day, for maximum effectiveness avoid drinking liquids 20 minutes before or after each dose. Drinking more liquids than specified with each use may dilute the herbs in your system.

For how long do I need to take it?

Some moms take it for a very short time and then gradually decrease the number of doses per day. If milk continues to be removed regularly, this demand maintains the desired supply of milk. Some moms may need to the herb the entire time they are nursing. You should use the amount that best meets your needs.

What are the side effects?

- Maple syrup odor to sweat and urine.
- Diarrhea or gassiness.
- Exacerbates asthma symptoms (rare).
- Lowers blood sugar in moms with diabetes.
- Stimulates the uterus, so it may cause miscarriages if you are pregnant.

What is in Special Blend?

Goat's rue, fenugreek seed, blessed thistle, nettle leaf, fennel seed, de-ionized water, and grain alcohol.

NOTE: Alcohol is used to extract the needed constituents from the herb during production and is thus the preferred medium. The amount of alcohol remaining in the final extract is minimal and is not contraindicated in breast feeding. There is an alcohol-free formulation available.

Are there other ingredients present?

There is **no** milk, dairy, egg, fish, shellfish, tree nuts, peanuts, wheat, gluten or soy. Fenugreek and goat's rue are in the legume family, as are soy and peanuts. Those with allergies to plants in this family should use these products with caution.

REGLAN

Reglan is a prescription drug used to treat nausea in adults and reflux in infants.

How does it work? It induces prolactin release by blocking dopamine's action as an inhibitor of prolactin secretion.

How long does it take to start working?

Studies show an increase of 66-100% of milk production within a couple of days.

What is the dose? 10 mg 3-4 times/day.

Taper the dose when stopping the medication.

For how long do I need to take it?

Long term use, over 2-4 weeks, is not generally recommended due to the impact on the central nervous system. However, many moms take it for months without any side effects. Unfortunately, milk volume usually decreases as the drug is discontinued.

What are the side effects?

Gastric cramping, diarrhea, nausea, sedation, irritability, depression, fatigue