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**Canadian breastfeeding recommendations (2005)**

Exclusive breastfeeding is recommended for healthy term infants for the first six months.<sup>1</sup>

**Region of Peel breastfeeding survey findings:**

Region of Peel Breastfeeding Survey (2005) has demonstrated an increased rate of breastfeeding at six months from 43% in 2000 to 58% in 2005.

In 2005, the top two reasons mothers stop breastfeeding by six months are “not enough breast milk” (44%) followed by “baby seemed hungry” (22%).

**Breast milk supply concerns**

- Peel Public Health has specialized Breastfeeding Nurses to assist your patient with any breastfeeding concern.
- Please refer your patients to us for help.

**Call 905-799-7700\* ask for Breastfeeding Help Line**

- Public Health Nurse telephone counseling for the public and health professionals.
- Available weekdays 8:30 am – 4:30 pm.

**Clinics (4 locations in Peel)**

- Free of charge; by appointment only.
- Public Health Nurses specializing in breastfeeding.
- Open weekdays 9 am – 4 pm; some weekend appointments are available.

\*Caledon call toll free: 905 584 2216

**Galactagogues:**

Women are very interested and informed via Internet and other sources about substances which will increase their milk supply, and may ask for them.

True insufficient milk supply is rare when there is frequent breastfeeding with a good latch, as demonstrated by adequate diaper output and weight gain.

While there are some situations which warrant use of galactagogues, such as adoptive nursing, relactation, increasing milk supply for premature or ill infants when mom is pumping or in other instances of infant/mother separation, these are relatively infrequent.

**Common galactagogues are:**

Herbal Remedies

- Herbs such as Fenugreek and Blessed Thistle are used throughout the world to increase milk supply.
- These substances have not been evaluated in clinical trials.
- You can learn more about how your patients may be using herbal remedies at :  
[http://www.drjacknewman.com/index.php?option=com\\_content&task=view&id=38&Itemid=68](http://www.drjacknewman.com/index.php?option=com_content&task=view&id=38&Itemid=68).

Domperidone

- Domperidone is a dopamine antagonist that can significantly increase mean serum prolactin levels.
- Domperidone is the only galactagogue evaluated in a randomized controlled trial shown to be safe and effective in increasing breast milk production.<sup>2</sup>

References:

1. See Health Canada Statement at [http://www.hc-sc.gc.ca/fn-an/pubs/infant-nourrisson/nut\\_infant\\_nourrisson\\_term\\_e.html](http://www.hc-sc.gc.ca/fn-an/pubs/infant-nourrisson/nut_infant_nourrisson_term_e.html)
2. daSilva OP, Knoppert DC, Angelini MM, Forret P.: Effect of domperidone on milk production in mothers of premature newborns: a randomized, double-blind, placebo-controlled trial. Can Med Assoc J 164:17–21; 2001.