

O drive: word: BFC Ways to increase milk supply

<u>Non-Rx Ways to Increase Milk Supply</u>	R x	Grocery	Health Store	Dose	Frequency	Education
<b>Blessed Thistle</b>			X	Up to 4 caps	TID	
<b>Brewer's Yeast</b>		X	X	3-5 tabs	QID	<ul style="list-style-type: none"> <li>• Caution baby gassy or fussy</li> <li>• ? effectiveness</li> </ul>
<b>Fenugreek</b>			X	3-5 g daily		<ul style="list-style-type: none"> <li>• comes in various doses</li> <li>• sweat &amp; urine smell like maple syrup</li> <li>• caution if peanut allergy</li> <li>• caution in diabetic moms as decreases blood sugar</li> <li>• some GI distress sx in mom and baby</li> </ul>
<b>Goat's Rue</b>			X	1-2 ml tincture	2-3 x daily	
<b>More Milk Plus Tablets</b>			X	4-6 tabs	Daily	<ul style="list-style-type: none"> <li>• If you weigh &lt;170 pounds – take 4 daily</li> <li>• If you weigh &gt;175 pounds – take 6 daily</li> </ul>
<b>Mother's Milk Tea</b>			X	4-6 cups	Daily	<ul style="list-style-type: none"> <li>• 8 oz per tea bag steeped for 5 minutes</li> <li>• Can mix with juice or other beverage</li> </ul>
<b>Non-Alcoholic Beer</b>		X		1-2	Mid-afternoon	<ul style="list-style-type: none"> <li>• The Brewer's Yeast stimulates milk production</li> </ul>
<b>Oatmeal</b>		X		Several servings	Daily	<ul style="list-style-type: none"> <li>• Oatmeal cookies, granola bars (anything with oatmeal)</li> </ul>
<u>Prescriptions to Increase Milk Supply</u>						
<b>Reglan</b>	X			10 mg 10 mg 10 mg	TID x 1 week QID x 1 week TID x 2 weeks	<ul style="list-style-type: none"> <li>• REQUIRES DOCTOR ORDER</li> <li>• Rx for total of 91 pills</li> <li>• Caution with hx depression</li> <li>• Possible GI sx, sedation, seizures, twitching</li> </ul>