

ABSTRACTS

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2 | Oral Domperidone Versus Placebo For Enhancing Exclusive Breastfeeding Among Post-Lower Segment Caesarean Section Mothers – A Double-Blind Randomized Controlled Trial

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Background: Though lactation counselling and postnatal lactation support are the key strategies to enhance exclusive breastfeeding, galactagogues can be useful adjuvants. Domperidone, a commonly used galactagogue is a peripherally acting dopamine antagonist which increases prolactin secretion. There is limited data on domperidone as a galactagogue in the Indian scenario, especially among post lower segment caesarean section (LSCS) mothers.

Objective: To evaluate whether oral Domperidone (I) compared to placebo (C) increases the rate of exclusive breastfeeding at 6 months (O) among post LSCS mothers (P)

Methods: This double-blind Randomized Controlled Trial, conducted in a tertiary care teaching hospital in South India, included 366 post-LSCS mothers with delayed initiation of

Table 1. Baseline characteristics and maternal clinical profile.

	Group A (Domperidone arm) n = 183		Group B (Placebo arm) n = 183	
	Mean ± SD	CI	Mean ± SD	CI
Maternal Age	26.29 ± 4.48	25.64–26.94	26.75 ± 5.04	26.01–27.49
Pre-pregnant BMI	25.14 ± 3.67	24.61–25.68	25.82 ± 3.79	25.27–26.37
Birth weight (kg)	2.84 ± 0.54	2.76–2.92	2.85 ± 0.53	2.77–2.92
Gestational age (weeks)	37.95 ± 1.53	37.73–38.17	38.11 ± 1.52	37.89–38.33
	Frequency	Proportion %	Frequency	Proportion %
Gestational diabetes mellitus	23	12.57	19	10.38
Gestational hypertension	17	9.29	15	8.20
Preeclampsia	11	6.01	9	4.92
Eclampsia	1	0.55	1	0.55
Hypothyroid	19	10.38	22	12.02
Chronic diabetes mellitus	4	2.19	6	3.28
Chronic hypertension	2	1.09	3	1.64

Table 2. Exclusive breastfeeding rates.

	Group A Domperidone (n = 183)		Group B Placebo (n = 183)		p value*
	Frequency	Proportion %	Frequency	Proportion %	
7 days	176	96.17	157	85.79	.001
3 months	141	77.05	131	71.58	.232
6 months	119	65.03	107	58.47	.197

breastfeeding or with subjective feelings of not having enough milk. They were randomized to two groups - Group A: Standard lactation counselling and oral Domperidone and Group B: Standard lactation counselling and a placebo. The primary outcome was an exclusive breastfeeding rate at 6 months. Exclusive breastfeeding rates at 7 days and 3 months and serial weight gain of an infant were assessed in both groups.

Results: Exclusive breastfeeding rate at 7 days was statistically significant in the intervention arm. The exclusive breastfeeding rates at 3 months and 6 months were higher in the domperidone arm compared to placebo but not statistically significant.

Conclusion: Oral Domperidone along with effective breastfeeding counselling showed an increasing trend of exclusive breastfeeding rate at 7 days and at six months. Appropriate breastfeeding counselling and postnatal lactation support are important in enhancing exclusive breastfeeding.

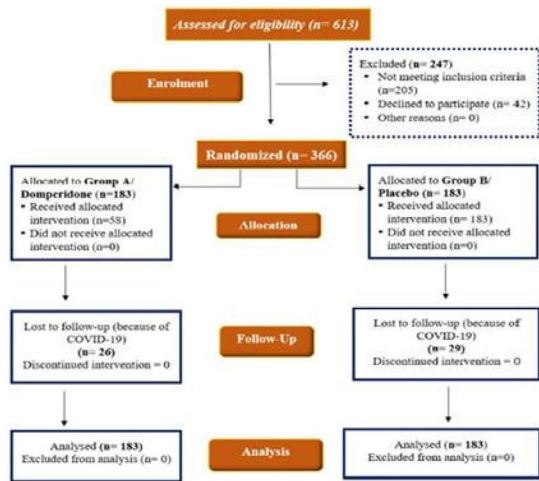


Figure 1. Consolidated Standards Of Reporting Trials (CONSORT) Diagram.