



Would you like to hear about a medication that can help stop your milk from coming in?

If you are considering not breastfeeding for personal or medical reasons you may be interested to hear about **Cabergoline (Dostinex®)**. This is a medication that can be used to stop your milk from coming in.

How does Cabergoline work?

Cabergoline works by stopping the production of a hormone called prolactin. Prolactin is a hormone that signals to your breasts to start making milk.

Will Cabergoline work for me?

Most women will have good results with a single dose of Cabergoline taken right after they give birth. They will feel less breast engorgement and their milk will not come in.

A small number of women (5%) may need a second dose of Cabergoline on day 4 after birth, because the medication did not work very well the first time.

And some women (5%) may need a second dose on day 7 after birth, because the medication worked in the beginning but the effects are wearing off early.

When do I take Cabergoline to prevent my milk from coming in?

Cabergoline works best if it is taken within 24 hours after you give birth. Therefore, you should ideally receive it while you are in the hospital before discharge.

If you decide to take Cabergoline, you will be given a single dose (1mg) of 2 small yellow pills that you will take by mouth, soon after you deliver your baby. It is best if you can take the pills with food. Most likely you will only have to take the pills this one time.

Cabergoline is most effective if taken in the first 12 hours after birth – the earlier it is taken the better it will work.

To make sure this happens, you should discuss your choice to take Cabergoline with your doctor or midwife before your due date. If you need support when speaking with your healthcare team, discuss this with staff at your local HIV organization who will be able to advocate with you.

If you have not received your planned dose of Cabergoline after your give birth, don't hesitate to remind your doctor, midwife, or nurse that you want Cabergoline.

If you experience lots of bleeding during delivery or other complications, your doctor may recommend that you wait a bit before you take Cabergoline.

Is Cabergoline safe for me?

A single dose of Cabergoline (2 pills, 1mg) is considered very safe, and most women taking Cabergoline will have no side effects.

Cabergoline can cause mild side effects in 20% of women.

These include:

- Dizziness or faintness (this is because Cabergoline can temporarily lower your blood pressure)
- Tiredness or weakness
- Headache
- Nausea (this is reduced if you take Cabergoline with food)
- Constipation
- Stomach pain

You **shouldn't take Cabergoline** if you have:

- Uncontrolled or severe high blood pressure
- Heart disease including angina or a previous heart attack
- A condition that affects your circulation such as Raynaud's syndrome, or long-standing diabetes that has affected your blood vessels
- Problems with fibrosis around your heart or lungs

You **should be careful with taking Cabergoline** if you have:

- Very low blood pressure

If you have any questions about taking Cabergoline please speak with your doctor or midwife.