

Mister Lactation Doctor

Sudden Drop in Breastmilk Supply

There are a number of reasons why a well-established milk supply may suddenly drop. This decrease can be temporary, but it can be very distressing for a mom.

Common causes of a sudden drop in supply:

- Stress
- Fatigue
- Dehydration/not eating enough
- Sage
- Peppermint
- Decongestants (e.g. pseudoephedrine)
- Benadryl (can possibly do this in high enough doses)
- Estrogen containing birth control
- Being sick
- Your period starting
- Starting solids
- Skipping feeding or pumping sessions
- Certain medications that inhibit prolactin secretion, like cabergoline
- Suddenly stopping a galactagogue

It is important to identify the cause and try and remedy it. Go for a massage, try and get more rest, eliminate the culprit food or medication, get healthy from that infection, using Magnesium and Calcium, which some people have success using these to mitigate the drop in supply from your period, adding back in the missed feed or pumping session, etc. If the problems continue to persist, I think it would be a good idea to watch my video about ways to increase supply and, if needed, my video about birth control options while breastfeeding.

Always remember, you are doing a wonderful job!

Take care,



Mister Lactation Doctor
Dr. Brian Hartman MD, IBCLC

Instagram: @[misterlactationdoctor](https://www.instagram.com/misterlactationdoctor)

Website: www.misterlactationdoctor.com

[Mister Lactation Doctor - YouTube](https://www.youtube.com/channel/UCmisterlactationdoctor)