



Induced lactation

Induced lactation is the process of making the body produce breast milk (lactate) without having been pregnant.

This could be a non-birthing parent, such as an adoptive parent, the parent of a baby born by surrogacy, a non-birthing parent in a same sex couple and non-birthing gender diverse people.

The benefits

- Breastmilk provides baby with optimal nutrition and immunity.
- Non-birthing parents can experience breastfeeding their baby.

The method

- The process of inducing lactation involves mimicking pregnancy by taking hormones and stimulation of the breast, by expressing frequently using a breast pump prior to birth and breastfeeding once baby is born.
- Hormones are taken to allow the body to produce breast changes to encourage milk production, often in the form of the

oral combined contraceptive pill and domperidone. This process may take several months.

- Stimulation of the breasts will need to be frequent, ideally 7 to 8 times in 24 hours, either by pump or by breastfeeding or a combination of both.
- You will need to see a medical practitioner to discuss the medications required, as well as any contraindications so you can make an informed decision.
- You may not meet all baby's milk requirements and support is available to discuss your options.

Timeframe	Medications	Expressing	Feeding
6-9 months before baby	Commence medications as discussed with GP	Only 6 weeks prior to baby's arrival	-
OR			
30-60 days before or when baby has arrived	Commence medications as discussed with GP	Commence once there are significant breast changes	-
When baby arrives	Continue domperidone	Express after feeds whilst increasing supply	Put baby to the breast as soon as possible after birth. Then offer the breast regularly

Strategies to support milk supply

- Seek support from a lactation consultant at the Breastfeeding Centre.
- Provide skin to skin contact when possible.
- Allow baby unrestricted access to the breast.
- Remove milk frequently – baby, hand expressing, electric breast pump.
- Use optimal expressing technique – express both breasts at same time and use appropriate flange size.
- Get adequate rest and hydration.
- Get support from family and friends.
- Please discuss the use of herbal supplements to increase milk supply with KEMH pharmacy.

Strategies for frequent milk removal

- Choose an electric pump that fits your budget, lifestyle (double pump, battery options, fixed vs portable).
- Remove milk 7 to 8 times in 24 hours, including at least once overnight.
- Allow at least 10 minutes for expressing session, with some gentle massage and compression.
- Hand express occasionally, especially when volumes are small.
- Ensure breast flange size is comfortable and effective.
- Store your milk in syringes or small containers ideally labelled with date and time.
- Keep extra breast milk in freezer so it does not go to waste.

Potential challenges

- It can be hard to express often enough around other commitments, such as work.
- You need to wake at night to express.
- There can be emotional aspects to inducing lactation.
- The outcome of milk production is not known.
- It can be difficult to balance milk supply if both parents are producing milk.

Support available

Inducing lactation can be a lengthy process and lactation consultants at the Breastfeeding Centre of WA can support your journey. Both face to face and telehealth appointments are available.

Breastfeeding Centre of WA
King Edward Memorial Hospital
(08) 6458 1844.



Scan the QR code
for more resources
on breastfeeding.

For more information, contact the Australian Breastfeeding Association Breastfeeding Helpline on 1800 686 268 or visit the website www.breastfeeding.asn.au



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



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in alternative formats on request.