



Appendix D: Medication Tables Associated with Mastalgia and Nipple Discharge

Table 1. Medications associated with mastalgia ^{1,2}

Medications
oral contraceptives
hormone (estrogen) replacement therapy
antidepressants
digoxin
methyl dopa
spironolactone
oxymetholone
chlorpromazine

Table 2. Medications used to treat* mastalgia ^{1,2}

Medications
dietary flaxseed
acetaminophen
nonsteroidal anti-inflammatory drugs (e.g., diclofenac 2% gel)
oral contraceptives
tamoxifen
danazol
bromocriptine
evening primrose oil

Note: *Mastalgia often has a natural history or remission and relapse, placebo response in trials is often high and therefore the overall evidence is not strong to support a particular 'treatment'.

Table 3. Medications associated with mastalgia

Category	Medications
Medications that block dopamine receptor	Antipsychotics (especially the phenothiazine class. e.g., chlorpromazine, methotrimeprazine, thioridazine) and risperidone, domperidone, metoclopramide, selective serotonin reuptake inhibitors, tricyclic antidepressants
Medications that deplete dopamine	methyl dopa, reserpine
Medications that inhibit release of dopamine	codeine, heroin, morphine
Medications that stimulate lactotrophs	oral contraceptives, verapamil
Medications that block histamine H2-receptor	cimetidine, famotidine, ranitidine

► References

- 1 Meisner AL, Fekrazad MH, Royce ME. Breast disease: Benign and malignant. *Med Clin North Am* 2008;92:1115-4.
- 2 Rosolowich V, Saettler E, Szuck B, et al. Mastalgia. *J Obstet Gynaecol Can* 2006;28:49,71; quiz 58-60,72-4.
- 3 Pena KS, Rosenfeld JA. Evaluation and treatment of galactorrhea. *Am Fam Physician* 2001;63:1763-70.
- 4 Leung AK, Pacaud D. Diagnosis and management of galactorrhea. *Am Fam Physician* 2004;70:543-50.