

## A New Beginning–Obstetrics and Gynecology Nausea Protocol

**Vitamin B6** –can reduce symptoms of mild to moderate nausea but usually does not help with vomiting

**Unisom (Doxylamine)**–is a medication that can reduce vomiting and may be combined with Vitamin B6

1. **For mild nausea without vomiting**, Vitamin B6 (pyridoxine) 25mg by mouth 3 times a day.
2. **For moderate nausea with mild vomiting** (two times a day or less) or if no relief from Vitamin B6 alone, ADD Unisom 12.5mg (0.5 tablet) by mouth at bedtime and continue Vitamin B6
3. **If no relief after 4-5 days**, try Unisom 25mg (1 tablet) by mouth at bedtime and 12.5mg (1/2 tablet) in the morning and in the midafternoon along with Vitamin B6 three times a day. **May also increase** Vitamin B6 to 50mg at bedtime with 25mg in morning and midafternoon if needed.

***Unisom can cause drowsiness.*** Start with bedtime dose for 4-5 days first to decrease drowsiness then add as needed and as tolerated in morning and afternoon.

**NOTE:** Bedtime dose helps with morning nausea, morning dose helps with afternoon nausea, and afternoon dose helps with evening nausea so adjust times for your particular needs.

### **Other Over the Counter Treatments:**

Ginger Capsules: 250mg 4 times a day or 8 oz of ginger tea 4 times a day  
Acupressure wrist bands like **Sea-Bands** available at local pharmacies

**If over the counter treatments fail, please call the OB Triage Nurse to discuss other options.**