

NAUSEA in PREGNANCY

Pyridoxine (**Vitamin B6**) and Doxylamine (**Unisom Nighttime**)

After many years, the FDA and other experts are finally concluding that Bendectin was safe after all.

They now say the combo doxylamine and pyridoxine that was, in Bendectin is safe and effective for pregnancy nausea and vomiting.

Earlier fears about teratogenicity generated a lot of bad press and lawsuits, forcing Bendectin off the market.

But Bendectin has never been shown to increase the risk of birth defects and there was NO decline in fetal malformations after Bendectin was withdrawn.

A similar product, Diclectin, is still on the market in Canada.

In fact, **doxylamine** and **pyricloxiene (Vitamin B6)** have been upgraded to a pregnancy risk factor "A" the safest rating.

Now, there is a new medication, **Diclegis, (Doxylamine Succinate and Pyricloxiene Hydrochloride) 10mg/10mg, a delayed-release tablet**, but is very expensive).

Both pyridoxine (**Vitamin B6**) and doxylamine (**Unisom Nighttime**) are sold over the counter (OTC) in 25 mg tablets. If women want to try this, be sure to get Unisom Nighttime Sleep Aid, other Unisom products contain diphenhydramine instead of doxylamine.

Women may take one-half tablet (12.5 mg) of pyridoxine and doxylamine BID plus a full tablet (25 mg) of each at bedtime.

Caution women that doxylamine can cause drowsiness, but it's not likely to harm the fetus.