

Diclegis for Morning Sickness

The active ingredients of Diclegis are available over-the-counter (OTC) as a low-dose sleeping aid and vitamin B6 supplement: doxylamine succinate 10 mg and pyridoxine hydrochloride 10 mg. Diclegis is time-released and in a combined tablet. However, if your insurance does not cover Diclegis or the co-pay is too expensive, please feel free to use the OTC medications to help with your nausea.

Finding the medications at your local pharmacy



Unisom is the most common brand that sells doxylamine succinate as a sleep aid. The typical dosage of one tablet is 25 mg. Cut the tablet in half at the scored line to achieve a dosage similar to that in Diclegis. The brand Unisom sells other medications with different active ingredients. Be sure to check that the active ingredient is doxylamine succinate.



Pyridoxine HCl is vitamin B6 and can be found in the supplement aisle of your pharmacy. Diclegis has 10 mg of vitamin B6 but you may take a higher dose of 25 mg if this is what your pharmacy has in stock.

Remember: You can always ask a pharmacist for assistance finding the correct doxylamine succinate and pyridoxine HCl.

Instructions

- Take the Vitamin B6 (pyridoxine HCl) three times a day.
- You may take half a tablet of Unisom (doxylamine succinate) every 6 hours as needed for nausea. It may be helpful to start the first dose of Unisom at night as it usually causes drowsiness.

Contact your doctor if you have any questions.

If your nausea and vomiting is severe or you have any other questions, we encourage you to contact us at 202-331-1740 or proceed to the nearest Emergency Room.