





ADULT MEDICATION GUIDELINE

DOXYLAMINE

This document should be read in conjunction with this [DISCLAIMER](#)

Presentation	Tablet: 25mg
Dose	<u>Nausea & vomiting in pregnancy</u> Oral: Initially 12.5mg at night. If symptoms persist, increase as tolerated to 12.5mg in the morning, 12.5mg in the afternoon and 25mg at night. <u>Insomnia</u> Oral: 25-50mg 30 minutes before bedtime.
Administration	<u>Oral</u> With or without food.
Pregnancy	1st Trimester: Safe to use 2nd Trimester: Safe to use 3rd Trimester: Safe to use
Breastfeeding	Considered safe to use
Monitoring	Sedation, anticholinergic effects When used for insomnia, do not use for >10 consecutive days Sedative effect declines with continued use
Clinical Guidelines and Policies	KEMH Clinical Guideline: O&G: Pregnancy Care: First Trimester Complications
References	The Royal Women's Hospital. Doxylamine. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2018 [cited 2018 Aug 20]. Available from: https://thewomenspbmg.org.au/ Australian Medicines Handbook. Doxylamine. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2018 [cited 2018 Aug 20]. Available from: https://amhonline.amh.net.au/

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