



## ADULT MEDICATION GUIDELINE

# Doxylamine

**Scope (Staff):** All WNHS Staff

**Scope (Area):** Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

### Quick Links

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[Administration](#)

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### Restrictions

[Formulary: Restricted](#)

### Medication Class

Sedating antihistamines

### Presentation

**Tablet:** 25mg

### Storage

Store at room temperature, below 30°C

### Dose

#### Nausea and Vomiting in pregnancy

##### **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.

#### Insomnia

##### **Oral:**

25mg to 50mg 30 minutes before bedtime.

## Administration

### Oral

Take with or without food.

## Monitoring

Sedation, psychomotor impairment, anticholinergic effects

## Pregnancy

**1<sup>st</sup> Trimester:** Safe to use

**2<sup>nd</sup> Trimester:** Safe to use

**3<sup>rd</sup> Trimester:** Safe to use

## Breastfeeding

Considered safe to use

## Comments

Sedative effect declines quickly with continued use. Do not use for more than 10 consecutive days. Sedating antihistamines are generally not recommended for ongoing treatment of insomnia.

## Related Policies, Procedures & Guidelines

### **WNHS Clinical Practice Guidelines:**

[Antenatal care: Minor symptoms or disorders in pregnancy](#) (Intranet)

[Pregnancy care: First trimester complications](#) (Intranet)

[Pregnancy post-bariatric surgery – dietary management](#) (Intranet)

## References

Australian Medicines Handbook. Doxylamine. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2022 [cited 2022 May 06]. Available from: <https://amhonline.amh.net.au/>

Therapeutic Guidelines. Nausea and vomiting during pregnancy. In: eTG complete [Internet]. West Melbourne (Victoria): Therapeutic Guidelines; 2022 [cited 2022 May 06]. Available from: <https://tgldcdp-tg-org-au.kelibresources.health.wa.gov.au/etgAccess>

The Royal Women's Hospital. Doxylamine. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2022 [cited 2022 May 06]. Available from: <https://thewomenspbmg.org.au/>

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