

For Nausea and Vomiting in Pregnancy

This method has been proven to be safe during pregnancy.

Take one of each of the two pills listed below **each night**. You can buy both of the pills without a prescription (over-the-counter).



1. **Vitamin B6** (pyridoxine) 50 mg. (Not to exceed 100 mg. /day)
2. **Unisom Sleep Tab** (doxylamine) 25mg.

Note: Unisom Sleep **Gel** is a different medication – **Do not use it.**