# Pyridoxine (Vitamin B6)

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

## Formulary: Restricted
Treatment of hyperemesis gravidarum under the direction of an obstetrician / gynaecologist

<table>
<thead>
<tr>
<th>Class</th>
<th>B vitamin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presentation</td>
<td>Tablet: 25mg</td>
</tr>
<tr>
<td>Storage</td>
<td>Store at room temperature, below 25°C</td>
</tr>
</tbody>
</table>

### Dose

<table>
<thead>
<tr>
<th>Condition</th>
<th>Oral</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nausea and Vomiting in Pregnancy</td>
<td>25-50mg every 6 to 8 hours as required</td>
</tr>
<tr>
<td></td>
<td>Maximum of 200mg in 24 hours.</td>
</tr>
<tr>
<td>Sideroblastic anaemia</td>
<td>100-200mg daily in 1 or 2 doses.</td>
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</tbody>
</table>

### Administration

**Oral**

Can be taken with or without food.

### Pregnancy

1st Trimester: Considered safe to use

2nd Trimester: Considered safe to use

3rd Trimester: Considered safe to use

### Breastfeeding

Considered safe to use

High doses (>600mg/day) may suppress prolactin secretion and affect breastmilk production.

### Monitoring

**Warning:** Pyridoxine may be toxic and cause peripheral neuropathy. There have been reports of peripheral neuropathy occurring at doses less than 50mg daily.

Check if the patient is using any other products that contain pyridoxine (e.g. multivitamins) and cease pyridoxine if any signs of peripheral neuropathy occur (e.g. tingling, burning, numbness).
### Clinical Guidelines and Policies

<table>
<thead>
<tr>
<th>KEMH Clinical Guidelines:</th>
</tr>
</thead>
<tbody>
<tr>
<td>O&amp;G: <a href="https://amhonline.amh.net.au/">Discomforts in Pregnancy: Common</a></td>
</tr>
<tr>
<td>O&amp;G: Pregnancy care: <a href="https://amhonline.amh.net.au/">First trimester complications</a></td>
</tr>
</tbody>
</table>

### References


### Keywords:

- Pyridoxine, vitamin B6, B6, nausea and vomiting in pregnancy, hyperemesis, morning sickness

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- Intranet
- Internet

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- Chief Pharmacist

### Author / Reviewer:

- KEMH Pharmacy Department

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### Standards Applicable:

- NSQHS Standards: 1 Governance, 4 Medication Safety

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