



ADULT Medication Monograph

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

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| Class | B vitamin |
| Presentation | Tablet: 25mg |
| Storage | Store at room temperature, below 25°C |
| Dose | <u>Nausea and Vomiting in Pregnancy</u> Oral: 25-50mg every 6 to 8 hours as required Maximum of 200mg in 24 hours. <u>Sideroblastic anaemia</u> Oral: 100-200mg daily in 1 or 2 doses. |
| Administration | <u>Oral</u> 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). |

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| <p>Clinical Guidelines and Policies</p> | <p>KEMH Clinical Guidelines: O&G: Discomforts in Pregnancy: Common O&G: Pregnancy care: First trimester complications</p> |
| <p>References</p> | <p>Australian Medicines Handbook. Pyridoxine. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2020 [cited 2020 May 13]. Available from: https://amhonline.amh.net.au/</p> <p>Australian Medicines Handbook. Nausea and vomiting. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2020 [cited 2020 May 13]. Available from: https://amhonline.amh.net.au/</p> <p>The Royal Women's Hospital. Pyridoxine. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2020 [cited 2020 May 13]. Available from: https://thewomenspbmg.org.au/</p> <p>Therapeutic Guidelines. Nausea and Vomiting in Pregnancy. In: eTG complete [Internet]. West Melbourne (Victoria): Therapeutic Guidelines; 2020 [cited 2020 May 13]. Available from: https://tgldcdp.tg.org.au</p> <p>Therapeutic Goods Administration. Vitamin B6 (pyridoxine): Safety advisory – potential for dos-related adverse events [Internet]. Woden, ACT: Australian Government Department of Health; 2020 [updated 2020 May 05; cited 2020 May 13]. Available from: https://www.tga.gov.au/alert/vitamin-b6-pyridoxine</p> |

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