



ADULT MEDICATION GUIDELINE

Pyridoxine (Vitamin B6)

Scope (Staff): All WNHS Staff

Scope (Area): Obstetrics and Gynaecology

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

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Restrictions

[Formulary: Restricted](#)

Treatment of hyperemesis gravidarum under the direction of an obstetrician / gynaecologist

Medication Class

B vitamin

Presentation

Tablet: 25 mg

Storage

Store at room temperature, below 25°C

Dose

Nausea and vomiting in pregnancy

Oral:

25-50mg every 6 to 8 hours as required.

Maximum of 200mg in 24 hours.

Administration

Oral

Can be taken with or without food.

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).

Pregnancy

1st Trimester: Considered safe to use

2nd Trimester: Considered safe to use

3rd Trimester: Considered safe to use

For more information, please contact [KEMH Obstetric Medicines Information Service](#).

Breastfeeding

Considered safe to use.

For more information, please contact [KEMH Obstetric Medicines Information Service](#).

Related Policies, Procedures & Guidelines

WNHS Clinical Practice Guidelines:

[Pregnancy Care: First Trimester Complications](#)

[Discomforts in Pregnancy: Common](#)

WNHS Pharmaceutical and Medicines Management Guidelines:

[Pharmacist Initiated Medications and Pharmacist Partnered Medication Charting](#)

References

Australian Medicines Handbook. Pyridoxine. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2023 [cited 2023 Apr 18]. Available from: <https://amhonline.amh.net.au/>

The Royal Women's Hospital. Pyridoxine. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2022 [cited 2023 Apr 18]. Available from: <https://thewomenspbmg.org.au/>

Therapeutic Goods Administration. Vitamin B6 (pyridoxine): Safety advisory – potential for dose-related adverse events [Internet]. Woden, ACT: Australian Government Department of Health; 2020 [updated 2020 May 05; cited 2023 April 18]. Available from: <https://www.tga.gov.au/news/safety-alerts/vitamin-b6-pyridoxine>

Keywords	Pyridoxine, vitamin B6, B6, nausea and vomiting in pregnancy, hyperemesis, morning sickness				
Document Owner:	Chief Pharmacist				
Author/ Reviewer	KEMH Pharmacy Department				
Version Info:	5.0				
Date First Issued:	Feb 2015	Last Reviewed:	26/06/2023	Review Date:	26/06/2028
Endorsed by:	Medicines and Therapeutics Committee			Date:	06/08/2024
NSQHS Standards Applicable:	<input checked="" type="checkbox"/>  Std 1: Clinical Governance <input type="checkbox"/>  Std 2: Partnering with Consumers <input type="checkbox"/>  Std 3: Preventing and Controlling Healthcare Associated Infection <input checked="" type="checkbox"/>  Std 4: Medication Safety		<input type="checkbox"/>  Std 5: Comprehensive Care <input type="checkbox"/>  Std 6: Communicating for Safety <input type="checkbox"/>  Std 7: Blood Management <input type="checkbox"/>  Std 8: Recognising and Responding to Acute Deterioration		
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