

## Nausea and Vomiting

The following two medications can be purchased over the counter at most any pharmacy. Together, these two medications combined make up the prescription drug Bonjesta.

- Doxylamine Succinate 25 mg tablets (Unisom)
- Vitamin B6 25 mg tablets

### **Instructions for usage:**

- Take one tablet of each by mouth at bedtime every night.
- If symptoms persist, add ½ tablet of each in the morning starting on Day 3.
- If symptoms still persist, add ½ tablet of each in the afternoon starting on Day 4.

Please call the office if your nausea and vomiting persist.