

1. Ginger capsules 250mg by mouth 4 times a day or 8 ounces of ginger tea 4 times a day.
2. **For mild nausea without vomiting**, Vitamin B6 (pyridoxine) 25mg by mouth 3 times a day.
3. **For moderate nausea with mild vomiting** (≤ 2 times a day) or if no relief from Vitamin B6 alone, ADD Unisom (doxylamine) 12.5mg (1/2 tablet) by mouth at bedtime and continue Vitamin B6 (pyridoxine) 25mg by mouth 3 times a day.
4. **If no relief after 4-5 days**, try Unisom (doxylamine) 25mg by mouth at bedtime and 12.5mg (1/2 tablet) in the morning and in the midafternoon PLUS Vitamin B6 (pyridoxine) 25mg three times a day. **May also increase** Vitamin B6 to 50mg at bedtime with 25mg in morning and midafternoon if needed.
5. **Unisom can cause drowsiness**. Start with bedtime dose for 4-5 days first to decrease drowsiness then add as needed and as tolerated in morning and afternoon. **NOTE:** Bedtime dose helps with morning nausea, morning dose helps with afternoon nausea, and afternoon dose helps with evening nausea so adjust times for your particular needs.

turns
pilosec > antacids
zantac
colace - stool softener