

Abstract

Objective: To determine the effectiveness of pyridoxine for the treatment of nausea and vomiting of pregnancy

Methods: During an 11-month period, 342 women who first attended antenatal clinic at ≤ 17 weeks gestation, were randomized to receive either oral pyridoxine hydrochloride 30 mg/d or identical-appearing placebo in a double-blind fashion. Patients graded the severity of their nausea using visual analogue scale and recorded the numbers of vomiting episodes over the previous 24 hours before treatment and again during five consecutive days on treatment.

Results: There was a significant decrease in the mean of post-therapy minus baseline nausea scores in the pyridoxine as compared with that in the placebo group ($p=0.0008$). There was also a greater reduction in the mean number of vomiting episodes, but the difference did not reach statistical significance ($p=0.0552$).

Conclusion Pyridoxine is effective in relieving the severity of nausea in early pregnancy.

Key words: nausea and vomiting of pregnancy, pyridoxine hydrochloride, randomized trial