



Bonjesta[®]

doxylamine hydrogen succinate/pyridoxine hydrochloride
20 mg/20 mg modified-release tablets

For morning sickness

User guide

What is Bonjesta® used for?



Morning sickness is common, especially in early pregnancy (weeks 4–16) and in a small number of women, it may last for the whole pregnancy.

Bonjesta is intended for the treatment of nausea and vomiting of pregnancy in women aged ≥ 18 years who do not respond to conservative management (lifestyle and dietary changes).

Women with severe morning sickness and vomiting (a condition called hyperemesis gravidarum) need specialist care.

Read this guide carefully before you start taking this medicine, as it contains important information for you. This medicine is only prescribed for you alone.

What does Bonjesta® contain?

Bonjesta modified-release tablets are pink, small, round, film-coated tablets with a pink image of a pregnant woman on one side and a letter "D" on the other.

One modified-release tablet contains

doxylamine hydrogen succinate (antihistamine) **20 mg**
and **pyridoxine hydrochloride** (vitamin B6) **20 mg**

The Bonjesta tablet has an **immediate-release multilayer coating** that contains 10 mg doxylamine hydrogen succinate and 10 mg pyridoxine hydrochloride and a **enteric-coated core** containing 10 mg doxylamine hydrogen succinate and 10 mg pyridoxine hydrochloride.

How to take Bonjesta®



- Take the Bonjesta tablet on an empty stomach.
- Swallow the tablet whole with a glass of water.
- Do not crush, chew or split the tablets before swallowing to avoid damaging the tablet's properties.

If you cannot swallow Bonjesta whole, tell your doctor, nurse or pharmacist.

Other important points to consider:

The maximum recommended dose is two (2) tablets a day: one (1) in the morning and one (1) in the evening, before going to bed.

Dosage

Bonjesta must be taken every day, not just when symptoms arise. The need to continue Bonjesta should be assessed as the pregnancy progresses. Do not stop using Bonjesta without first talking to your doctor. Your doctor will advise you on how to gradually stop using the medicine to prevent a recurrence of nausea and vomiting.

Day 1

1 tablet taken orally at bedtime



Day 2

1 tablet taken orally at bedtime



Day 3

If nausea and vomiting are eased or stop on day 2, continue taking 1 tablet every night at bedtime.



OR

If nausea and vomiting persist on day 2, take 1 tablet in the morning and 1 tablet orally at bedtime on day 3 (for a total of 2 tablets per day).





Pregnancy and breast feeding

Bonjesta is intended for pregnant people.

Breastfeeding: not recommended during breast-feeding, as the active substances in Bonjesta may be passed on in breast milk and may be harmful to the baby.

Other medicines and Bonjesta

Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. This also applies to over-the-counter medicines, herbal remedies and vitamins. Do not take Bonjesta if you are taking cough medicines, cold medicines, sleeping pills or certain painkillers, or if you have been drinking alcohol. Taking Bonjesta at the same time as other medicines that affect the central nervous system can cause severe drowsiness, which can lead to falls or other accidents.

Most common side effects

Common side effects: drowsiness, dizziness, fatigue, increased bronchial secretions, dry mouth.

Precautions for use: Bonjesta may increase sensitivity to sunlight, avoid sunbathing.

Driving and machine operation: Bonjesta has a moderate to significant effect on driving and machine operation. In addition, you should not perform other tasks that require a high level of attention, unless your doctor has given you permission to do so.

For more information about this product and other possible adverse reactions, see the package leaflet.

References:

Bonjesta summary of product characteristics

Bonjesta package leaflet

FI-BON-0424-003-FIEN



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