



## Pre - PA Allowance

None

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## Prior-Approval Requirements

**Age** 18 years of age and older

### Diagnosis

Patient must have the following:

Nausea and/or vomiting of pregnancy (NVP)

**AND ALL** of the following:

1. Patient has failed conservative measurements (Appendix 1)
2. Inadequate treatment response, or intolerance to doxylamine (e.g. Unisom®) and pyridoxine (Vitamin B<sub>6</sub>) separately.
3. Prescriber agrees to monitor the patient during pregnancy to determine whether continued use of the medication is needed.

## Prior - Approval Limits

### Quantity

Drug	Quantity
Diclegis	360 tablets per 90 days <b>OR</b>
Bonjesta	180 tablets per 90 days

**Duration** 9 months – Only 1 Prior Authorization allowed per pregnancy

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## Prior – Approval *Renewal* Requirements

None



**BlueCross.  
BlueShield.**

Federal Employee Program.

**BONJESTA, DICLEGIS  
(doxylamine-pyridoxine)**

**Appendix 1**

<b>Conservative Measures for NVP <sup>1,2,3</sup></b>
Maintain adequate hydration (2 liters of water daily)
Eat small, frequent meals, avoiding a full or empty stomach
Eat bland foods, avoid spicy and odorous foods
Take frequent naps
Consume ice chips or very cold beverages
Eat simple dry carbohydrates (like crackers) prior to getting out of bed in the morning