

## PYRIDOXINE

**Other NAMES:** Vitamin B6

### WHY is this drug prescribed?

Pyridoxine is a water-soluble B complex vitamin naturally present in many foods. It is an important vitamin used by the body to prevent seizures and symptoms of peripheral neuropathy (which is characterized by a tingling sensation or numbness in the hands and feet.) Some drugs like isoniazid (Isotamine®), used in the prevention and treatment of tuberculosis, can cause pyridoxine deficiency. As well, some conditions such as alcoholism, diabetes, and malnutrition may increase the risk for peripheral neuropathy and the need for pyridoxine. Therefore, this drug is used as a supplement to prevent symptoms of pyridoxine deficiency.

### HOW should this drug be taken?

Pyridoxine is available as a 25mg, 50 mg or 100mg white-scored tablet.

The usual dose is between 25mg to 50mg given once daily. Pyridoxine requirements are increased during pregnancy and breastfeeding and also in patients taking birth control or hormone replacement therapy.

Your doctor may prescribe a different dosage for you depending on your specific needs.

Your dosage is:

25 mg tablet  
50 mg tablet  
100 mg tablet

\_\_\_\_tablet(s) (\_\_\_\_mg)\_\_\_\_\_ time a day

Do not take a higher dose than what is prescribed, since high doses can sometimes cause symptoms of peripheral neuropathy.

Tablets should be swallowed with water or some other non-alcoholic drink and can be given with or without food.

### What should you do if you FORGET a dose?

If you miss a dose of pyridoxine, take it as soon as possible. However, if it is time for your next dose, do not double the dose, just carry on with your regular schedule.

### What ADVERSE EFFECTS can this drug cause? What should you do about them?

Adverse effects such as **nausea, stomach upset, headache, and drowsiness** have been reported with

this drug. If these effects occur and are bothersome, please inform your doctor or pharmacist.

The long-term effects of this drug, if high doses are taken, may include numbness of hands and feet. If you are concerned about any unexpected effects, please talk to your doctor or pharmacist.

**It is important that you keep your doctor appointments and come for your laboratory tests so that your progress can be followed.**

### What other PRECAUTIONS should you follow while using this drug?

Pyridoxine may possibly decrease the effectiveness of some drugs including:

- Levodopa (Prolopa®, Sinemet®)
- Phenytoin (Dilantin™)
- Phenobarbital

Be sure to inform your doctor if you are on these drugs. Inform your doctor and pharmacist of all prescribed and non-prescribed drugs you are taking. As well, you should inform them of natural products you are taking. If you wish to start a new drug or natural product, please consult with your pharmacist before doing so.

Use of pyridoxine in pregnancy or breastfeeding has not been shown to be harmful to the fetus or baby. In fact, low-

dose pyridoxine supplementation is recommended for good maternal and fetal health.

**How should this drug be STORED?**

Pyridoxine should be stored in a cool (15-30°C) dry place, protected from light and well out of the reach of children. Ensure that the drug has not expired by checking the expiry date (“EXP”) shown on the outside of the package.

Do not store in your bathroom or kitchen, as heat and moisture may cause the drug to be less active.

**If you have any questions or concerns about this drug or if you are experiencing adverse effects, please discuss them with your pharmacist, doctor or nurse.**

**Write questions or concerns down to ensure they are addressed.**

The following pharmacist is available to answer questions:

**Pharmacist:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

Reference: General monograph. Vitamin B6 (Pyridoxine): Compendium of Pharmaceuticals and Specialties, 2001. Prepared by the Ontario HIV Pharmacy Professional Specialty Group, 2003. Reviewed 2009.

Additional medication fact sheets and updates may be found at: [www.hivclinic.ca](http://www.hivclinic.ca)

***PYRIDOXINE***

***(Vitamin B<sub>6</sub>)***

***MEDICATION***

***FACT SHEET***