AETNA BETTER HEALTH®
Coverage Policy/Guideline

Name:	Bonjesta, Doxylamine-pyridoxine	Page:	1 of 2
Effective Date:	6/3/2025	Last Review Date:	4/2025

Applies to:	☐Illinois	☐Florida	☐Florida Kids
	☒New Jersey	☒Maryland	☐Michigan
	☒Pennsylvania Kids	☐Virginia	☐Kentucky PRMD

Intent:

The intent of this policy/guideline is to provide information to the prescribing practitioner outlining the coverage criteria for doxylamine-pyridoxine under the patient's prescription drug benefit.

Description:

FDA-approved Indications

Nausea and vomiting of pregnancy in women who do not respond to conservative management.

All other indications are considered experimental/investigational and not medically necessary.

Applicable Drug List:

Bonjesta 20mg-20mg (doxylamine-pyridoxine extended-release)
Doxylamine-pyridoxine 10mg-10mg delayed-release)

Policy/Guideline:

Documentation

Submission of the following information is necessary to initiate the prior authorization review:

Pregnancy-induced nausea/vomiting

Continuation requests

Chart notes or medical record documentation supporting current pregnancy status and that member continues to experience nausea and vomiting symptoms.

Coverage Criteria

Pregnancy-induced nausea/vomiting

Authorization of 3 months may be granted for pregnant women who are currently experiencing nausea and vomiting when all of the following criteria are met:

- Patient is 18 years of age or older

- Patient has experienced an inadequate response or intolerable side effects to dietary and lifestyle changes (for example, avoiding stimuli/triggers, avoiding spicy and fatty foods, eating frequent small meals, an inadequate response to ginger)
- Patient has experienced an inadequate response to the individual products (over-the-counter doxylamine and pyridoxine) as separate dosage forms
  - Note: Pyridoxine is available as a single agent and the recommended dose is 10 to 25 mg orally every six to eight hours. Doxylamine is available as over-the-counter and prescription products and the recommended dose is one-half of the 25 mg over-the-counter tablet or two chewable 5 mg prescription tablets.
- Requests for Bonjesta:
  - Patient has experienced an inadequate treatment response to generic doxylamine succinate and pyridoxine

Continuation of Therapy

Pregnancy-induced nausea/vomiting

Authorization of 3 months may be granted for women who are currently pregnant who continue to have nausea and vomiting symptoms. a

Approval Duration and Quantity Restrictions:

Approval:

- 3 months

Quantity Level Limit:

- Doxylamine-pyridoxine 10mg-10mg delayed-release: 4 tablets per day
- Bonjesta 20mg-20mg (doxylamine-pyridoxine extended-release): 2 tablets per day

References:

1. Bonjesta (doxylamine and pyridoxine) [prescribing information]. Bryn Mawr, PA: Duchesnay USA; June 2018.