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2. Doxylamine

Doxylamine

Generic name: doxylamine [*dox-IL-a-meen*]

Brand names: Unisom, Nytol Maximum Strength, Aldex AN

Dosage form: oral tablet (25 mg)

Drug class: [Miscellaneous anxiolytics, sedatives and hypnotics](#)



[Medically reviewed](#) by Drugs.com on Jan 1, 2025. Written by [Cerner Multum](#).

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What is doxylamine?

Doxylamine is an antihistamine that reduces the effects of natural chemical histamine in the body. Histamine can produce symptoms of sneezing, [itching](#), watery eyes, and runny nose. [Antihistamines](#) can cause [drowsiness](#) and are sometimes used as sleep aids.

Doxylamine is used to treat sneezing, runny nose, watery eyes, hives, skin rash, itching, and other cold or [allergy](#) symptoms.

Doxylamine is also used as a short-term treatment for sleep problems ([insomnia](#)).

Doxylamine may also be used for purposes not listed in this medication guide.

Doxylamine side effects

Get emergency medical help if you have **signs of an allergic reaction:** hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Doxylamine may cause serious side effects. Call your doctor at once if you have:

- confusion, hallucinations;
- severe dizziness or drowsiness; or
- little or no urinating.

Common side effects of doxylamine may include:

- blurred vision;
- [dry mouth](#), nose, or throat;
- [constipation](#); or

- mild dizziness or drowsiness.

Side effects such as dry mouth, constipation, and confusion may be more likely in older adults.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Doxylamine side effects](#) (more detail)

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Warnings

Follow all directions on your medicine label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

Before taking this medicine

You should not use doxylamine if you are allergic to it.

Ask a doctor or pharmacist if it is safe for you to take doxylamine if you have other medical conditions, especially:

- [glaucoma](#);
- an [enlarged prostate](#);
- problems with urination; or
- [asthma](#), [bronchitis](#), [emphysema](#), or other chronic lung disease.

Older adults may be more sensitive to the effects of this medicine.

Doxylamine is not expected to be harmful to an unborn baby. **Do not use this medicine without a doctor's advice if you are pregnant.**

Doxylamine may pass into breast milk and may harm a nursing baby. Antihistamines may also slow breast milk production. **Do not use this medicine without a doctor's advice if you are breast-feeding a baby.**

How should I take doxylamine?

Use exactly as directed on the label, or as prescribed by your doctor. Do not use in larger or smaller amounts or for longer than recommended. This medicine is usually taken only for a short time until your symptoms clear up.

Do not use doxylamine to treat insomnia in a child younger than 12 years old. Ask a doctor before using this medicine to treat cold or allergy symptoms in a child younger than 6 years old. **Always ask a doctor before giving a cold or allergy medicine to a child.** Death can occur from the misuse of these medicines in very young children.

Take this medicine with food or milk if it upsets your stomach.

To treat insomnia, it is best to **take doxylamine only when you can devote several hours to sleep.** Follow your doctor's instructions.

Call your doctor if your **cold or allergy symptoms** do not improve after 7 days of treatment, or if your **sleep problems** do not improve after 2 weeks of treatment.

This medication can cause you to have unusual results with allergy skin tests. Tell any doctor who treats you that you are

taking an antihistamine.

Store at room temperature away from moisture and heat.

Doxylamine dosing information

Usual Adult Dose for Insomnia:

25 mg orally once a day 30 minutes before bedtime.

Duration of Therapy: No more than 2 weeks consecutively.

Use: Helps to reduce difficulty in falling asleep.

Usual Pediatric Dose for Insomnia:

Age 12 Years and Older: 25 mg orally once a day 30 minutes before bedtime.

Duration of Therapy: No more than 2 weeks consecutively.

Use: Helps to reduce difficulty in falling asleep.

 [Detailed Doxylamine dosage information](#)

What happens if I miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not take extra medicine to make up the missed dose.

When treating insomnia, if it is almost your normal waking hour, skip the missed dose and wait until you are ready for bed again.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

Overdose symptoms may include severe forms of some of the side effects listed in this medication guide.

What should I avoid while taking doxylamine?

doxylamine may cause blurred vision and may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be alert and able to see clearly.

Ask a doctor or pharmacist before using any other cold, cough, allergy, or sleep medicine. Many combination medicines contain antihistamines. Taking certain products together can cause you to get too much of this medicine.

Ask a doctor or pharmacist before using any other cold, cough, allergy, or sleep medicine. Antihistamines are contained in many combination medicines. Taking certain products together can cause you to get too much of a certain drug. Check the label to see if a medicine contains an antihistamine.

Drinking alcohol can increase certain side effects of doxylamine.

Avoid becoming overheated or dehydrated during exercise and in hot weather. Doxylamine can decrease [sweating](#) and you may be more prone to heat stroke.

What other drugs will affect doxylamine?

Ask a doctor or pharmacist before using this medicine if you are also using any other drugs, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). **Some medicines can cause unwanted or dangerous effects when used together.** Not all possible interactions are listed in this medication guide.

Taking this medicine with other drugs that make you sleepy or slow your breathing can worsen these effects. Ask your doctor before taking doxylamine with a sleeping pill, narcotic pain medicine, muscle relaxer, or medicine for [anxiety](#), [depression](#), or [seizures](#).

 [Doxylamine drug interactions](#) (more detail)

Does doxylamine interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

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Patient resources

Other brands

[Unisom SleepTabs](#), [Sleep Aid](#), [Nighttime Sleepaid](#)

Professional resources

- [Doxylamine monograph](#)

Other brands

[Sleep Aid](#), [Nighttime Sleepaid](#), [Equate Sleep Aid](#), [Equaline Sleep Aid](#)

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Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.


Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

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DRUG STATUS

Availability

 Rx and/or OTC


[Pregnancy & Lactation](#)

 Risk data available

CSA Schedule*

N/A Not a controlled drug

Approval History

 Drug history at FDA



User Reviews & Ratings

6.5 / 10

[236 Reviews](#)

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