



## POLICY M1 – NAUSEA and VOMITING

Effective Date: January 16, 2017  
Last Review Date: January 1, 2017 – New Policy  
Next Review Date: January 2019

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**Authority:** Health and Safety Code, Division 2.5, California Code of Regulations, Title 22, Division 9

### GENERAL INDICATIONS:

1. To alleviate nausea and vomiting from a variety of causes including but not limited to gastroenteritis, motion sickness, appendicitis.
2. May give prior to transport to prevent nausea/vomiting due to motion sickness.
3. May be given to prevent nausea/vomiting prior to or concomitant to the administration of pain medication.
4. If ondansetron allergy, consider diphenhydramine to treat motion sickness or nausea.

### CONTRAINDICATIONS:

1. Absolute: known sensitivity to ondansetron or other 5-HT<sub>3</sub> antagonists such as Granisetron (Kytril), Dolasetron (Anzemet), or Palonosetron (Aloxi).

### PRECAUTIONS:

1. Syncope may occur when giving IV, give medication slowly, over 60 seconds.

### PROCEDURE:

1. ABC's, always be prepared to protect the airway
2. Give supplemental oxygen, especially for decreased level of consciousness.
3. NPO
4. Anticipate vomiting, have suction available.
5. Establish IV NS or saline lock. Replace volume if clinically appropriate. Examples include but are not limited to the following: Dry mucous membranes, tachycardia, hypotension.
6. Consider treating all causes of nausea and/or vomiting.
7. Continuous cardiac monitoring, treat rhythm as appropriate.
8. Ondansetron, (Zofran), 4 mg can be administered ODT (Oral Disintegrating Tablets), IV, IM, and I.O. Don't use ODT in patients who have a GCS of 14 or less. Try to use ODT as first line route if possible.
9. May give up to **12 mg** (maximum) dose.
10. IV ondansetron should be given slowly, over 60 seconds. Need to wait 10 minutes between doses.
11. If severely dehydrated, treat for signs and symptoms of shock.
12. Unless the patient is severely dehydrated and the need for fluid resuscitation has been identified, it is preferable to administer IM before administering I.O.
13. Ondansetron is for ages 2 years and above, less than 2 years of requires base hospital physician order.
14. Safe during pregnancy. Can be safely given to Mother's who are breast feeding.
15. Diphenhydramine may be used as an alternative for nausea but may cause sedation and should be used with caution. Diphenhydramine: Adult: 50 mg IM or 25 mg IV, IO and may be repeated once for a total of 50 mg.

**Pediatric Diphenhydramine:** 1 mg/Kg IM to a maximum of 25 mg, or 0.5 mg/Kg IV/ IO to a maximum of 25 mg.

**Please Note:** for prolonged transport times consider Diphenhydramine for motion sickness.