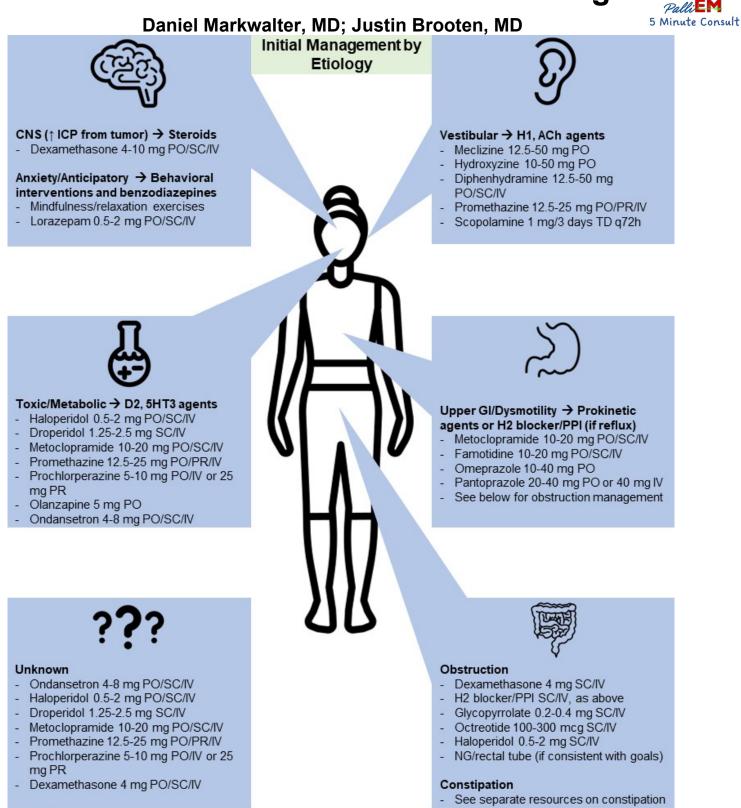
5 Minute Consult: Nausea and Vomiting



Pearls

- Consider polypharmacy as underlying etiology → deprescribe
- Many routes available, including PO, PR, SC, IM, IV, and TD (lots of options if unable to take PO)
- Utilize different classes for combined effect; schedule medications to stay ahead
- Hydrate and correct electrolyte/metabolic disturbances; small, frequent PO over large meals
- Consider mint gum or scented oils; inhaled isopropyl alcohol via alcohol pad is an easy, rapid, and effective option^{1.2}



5 Minute Consult: Nausea and Vomiting



Daniel Markwalter, MD; Justin Brooten, MD

- 1. April MD, Oliver JJ, Davis WT, Ong D, Simon EM, Ng PC, Hunter CJ. Aromatherapy versus oral ondansetron for antiemetic therapy among adult emergency department patients: a randomized controlled trial. Annals of emergency medicine. 2018 Aug 1;72(2):184-93.
- 2. Beadle KL, Helbling AR, Love SL, April MD, Hunter CJ. Isopropyl alcohol nasal inhalation for nausea in the emergency department: a randomized controlled trial. Annals of Emergency Medicine. 2016 Jul 1;68(1):1-9.
- 3. Portions adapted from: Bodtke A and Ligon K. *Hospice and Palliative Medicine Handbook: A Clinical Guide*. 2016.
- 4. Portions adapted from: Scullion BF, Lynch M, Nabati L, Abrahm J. *Guidelines for Assessment and Management of Nausea and Vomiting*. 2013.
- 5. Icons from dDara, popcornarts, Mfa Studio, Fardan, Ben Davis, M. Oki Orlando, and Gregor Cresnar of the Noun Project.

