

# Monterey County EMS System Policy



Protocol Number: M-1  
Effective Date: 7/1/2019  
Review Date: 6/30/2022

## NAUSEA AND VOMITING MANAGEMENT

### **BLS CARE**

Routine medical care.

Maintain the patent airway.

Consider underlying causes for nausea/vomiting and treat as appropriate.

Attempt to reduce nausea/vomiting through non-invasive means such as reducing environmental stimulation, providing fresh air, providing oxygen, reducing unpleasant odors, and using distracting techniques.

### **ALS CARE**

Routine medical care.

**Ondansetron: 4mg slow IV push over 30 seconds or 4mg PO** for severe nausea, or intractable vomiting. May repeat once in 15 minutes to a maximum total dosage of 8mg for persistent symptoms.

**Diphenhydramine: 25mg slow IV push** for severe nausea/intractable vomiting not responsive to Zofran, or for severe nausea/intractable vomiting in pregnant patients.

### **NOTE:**

Relative Contraindication: Zofran administration is not recommended during first trimester pregnancy.

Adverse reactions seen in patients receiving ondansetron have typically been noted at doses significantly higher than are used in protocol and in patients receiving the medication for longer periods of time.