

BADS Guide to Postoperative

Key Risk Factors for PONV

Female Gender

Non-smoker

Previous History of PONV or Motion Sickness

Perioperative use of Opioids

(Apfel, *et al. Anesthesiology* 1999; **91**: 693–700)

Additional Surgical Risk Factors

Oral or ENT Surgery

Laparoscopic Surgery

Squint Surgery

LOW RISK

0 or 1 Risk Factor

Prophylaxis Not Required

General Measures to Reduce PONV:

Pre-emptive non-opioid analgesia

Reduce Fluid Deficit (shortened fluid fast, consider iv fluids)

Short-acting Anaesthetics (reduce dose by titrating to effect)

Notes: Total intravenous anaesthesia may further reduce the risk of PONV. Metoclopramide

Recommended Treatment

1. Give 5HT₃ antagonist (e.g., ondansetron, granisetron) if not already given
2. Give prochlorperazine, 12.5 mg, IM or cyclizine, 50 mg, iv. If no response
3. Give 1 litre (or 20 ml/kg) of saline or Hartmann's solution over 30 min–1

PONV is usually self-limiting. If maximum antiemetic treatment has already been given, over Patients should be offered the option of going home and allowed to do so if they wish. Intrave symptoms do not improve within 24 hours

Patients should be admitted overnight if they are considered to be at high risk of dehydration

Nausea and Vomiting (PONV)

Recommended Prophylaxis

INTERMEDIATE RISK

2 or 3 Risk Factors

Single Agent Prophylaxis

5HT₃ Antagonist
(e.g., ondansetron,
granisetron)

OR

dexamethasone, 4–8 mg

PLUS

General Measures to Reduce
PONV

HIGH RISK

More than 3 Risk Factors

Combination Prophylaxis

5HT₃ Antagonist
(e.g., ondansetron,
granisetron)

AND

dexamethasone, 4–8 mg

PLUS

General Measures to Reduce
PONV

promazine is no more effective than placebo and has no place in the prevention of PONV

10. Consider repeating the dose if already given

11. If given to one of these drugs, give the other

12. Encourage fluids to correct relative hypovolaemia and protect against dehydration

13. Overnight admission will not improve the treatment of PONV

14. Intravenous fluids should be given first to prevent dehydration and patients advised to seek help if

15. Consider oral fluids if there is a strong indication (for example, because of a relatively long traveling distance).

16. Thank you to the staff of the Hospital of North Staffordshire for contributing their protocols to these guidelines.