

Day Surgery and Treatment Unit

Management of nausea and vomiting

Prevention

The option to use a prophylactic antiemetic is left to each anaesthetist. However unlike main theatres we can follow up our patients closely on the day unit and our data shows a low incidence of nausea and vomiting. We therefore ask that you be brave and do not use a prophylactic anti-emetic and follow the enclosed protocol to manage those who develop post operative nausea and vomiting. We are actively monitoring the level of nausea and vomiting and will continue to review the need to use routine anti-emetics. For some patient groups eg laparoscopic cholecystectomies we will include these in their analgesia guidelines.

Management of the patient with postoperative nausea/vomiting.

Group 1 Patients with mild/moderate nausea

Patients will be given a single dose of antiemetic.

Cyclizine 50 mg slowly iv in recovery or on the ward.

Group 2 patients with severe nausea or are vomiting

Give patient 1litre of Hartmann's over 1 hour (unless contraindicated)

Administer cyclizine 50mg slowly IV (exclude this if has already received a dose in recovery)

Administer dexamethasone 8mg slowly IV

Review patient at 1 hour, if still experiencing nausea and vomiting then administer

Granisetron 1mg IV

Following this, patient should be reassured that all measures have been taken and asked whether they wish to go home or remain in hospital overnight. It should be explained that this is a self limiting side effect and that no further active treatment will be possible.

Patient name Consultant

Please ensure follow up sheet is completed for those who receive treatment.

Therapy 1. For patients who have mild or moderate nausea

Drug	Given by
Cyclizine 50mg slowly intravenously

Therapy 2. For patients who have severe nausea or are vomiting

Regime	Given by
Give 1litre of Hartmann's Solution intravenously over 1 hour	
Cyclizine 50mg slowly intravenously	
Dexamethasone 8mg slowly intravenously

Review patient at one hour when Hartmann's finished

If patient still nauseated or vomiting please administer GRANISETRON 1mg iv (the use of this drug as second line treatment and at this dosage has been agreed with pharmacy).

Therapy 3. For patients with continuing severe nausea or vomiting

Drug	Given by
Granisetron 1mg intravenously

Please sign this prescription in the space provided below, this will allow the nursing staff to administer the drugs as per our protocol.

Doctors Signature

Please file this form in notes with care plan when completed.

Follow Up Sheet

(Please detach from front sheet and use for telephone follow up at 24 hours)

Patient name

Sex M/F

Surgeon

Anaesthetist

Telephone Number

Degree of nausea or vomiting prior to therapy

Nausea none mild moderate severe

Vomiting YES / NO

Therapy given **1** **2** **3**
(circle therapies used)

Result of therapy

Nausea

Vomiting

At discharge None Mild Moderate Severe

YES / NO

At 24 hours None Mild Moderate Severe

YES / NO

Was patient admitted due to nausea/vomiting?

YES / NO

Is the patient satisfied with our attempts to
manage their nausea/vomiting?

YES / NO

Please return to Dr Jackson when completed