(HELP <32)

DEHYDRATION?

Add up to 1 from each class:
1. Antihistamine (discontinue doxylamine before adding)
   - Dimenhydrinate 25-50 mg q 4-6 hours PO or PR (limit to 200 mg per day if taking doxylamine)
   - Diphenhydramine 25-50 mg PO q 4-6 hours
   - Meclizine 25 mg PO q 6 hours
2. Dopamine Antagonist
   - Metoclopramide 5-10 mg q 6-8 hours PO
   - Promethazine 12.5-25 mg q 4-6 hours PO or PR
   - Prochlorperazine 5-10 mg q 6-8 hours PO or 25 mg twice daily PR

Consider NUTRITION (see below) and one of the following:
1. Mirtazapine 15 mg q 8 hours PO or ODT (Dose not established for HG. Discontinue other serotonin antagonists.)
2. Methylprednisolone (if 10+ weeks) 16 mg q 8 hours PO or IV for 3 days. Taper over 2 weeks to lowest effective dose. Avoid duration exceeding 6 weeks.
3. Prochlorperazine 5-10 mg PO q 6-8 hours
4. Chlorpromazine 25-50 mg IV or 10-25 mg PO q 4-6 hours

GERD or gastric/esophageal protection:
1. Calcium Antacid (avoid Bismuth or Bicarbonate) AND/OR
2. H2 antagonist BID: famotidine 20-40 mg OR
3. PPI q 24 hours
   - esomeprazole 30-40 mg PO or IV
   - lansoprazole 15-30 mg PO
   - pantoprazole 40 mg PO or IV

If not responding to or tolerating PO meds, change to:
1. Thiamin
   - 100 mg 1-5 times daily IV
   - AND ONE OF THE FOLLOWING
2. Dimenhydrinate
   - 50 mg (in 50 mL saline, over 20 min) q 4–6 hours IV
3. Ondansetron:
   - IV: 8 mg over 15 minutes q 12 hours or 4 mg q 6 hours IV or continuous infusion
   - SubQ continuous infusion: 8 mg starting dose, then 12-40 mg/day; wean slowly to PO.
4. Granisetron
   - 1 mg q 12 hours PO or 3 mg q 24 hours TD
   - NOTE: Replace electrolytes & monitor EKG if high risk.

SELECT IV FLUIDS:
1. Banana Bag + Vit B6 + Vit B1
2. Myer’s Cocktail + 1 ampule MVI
3. D5NS or D5LR + 1 ampule MVI + Vit B6 + Vit B1
   - Add prn: KCl, Na, Vit K, Vit D, Zn, Se, Fe, Mg & Ca.
   - Always give thiamin with glucose to prevent WE.
   - Correct electrolytes slowly to prevent CPM.
   - Restrict PO intake for 24-48 hours for gut rest.
   - Consider midline or central line for frequent IVs.

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DISCLAIMER: This is not medical advice. Do not make any changes to your diet or lifestyle without consultation from your medical provider.
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SELECTED REFERENCES:


DISCLAIMER:
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