

Carel's Pharmacy & Compounding Center

Rich McCormack, DPh
Mark Corrales, DPh

1810 W. Gore Blvd. Lawton, OK 73501
Phone: (580) 355-4540 Fax: (580) 248-2012
carelsrx@sbcglobal.net

Issue 15
March 2006

Treating Nausea and Vomiting

One of the most universally distressing symptoms of illness is nausea, which may or may not be accompanied by vomiting. There are several reasons why nausea might occur: pregnancy, side effect of medications, result of GI disturbance or other disease state.

While commercial medications can be very effective in treating symptoms of nausea and vomiting, there is some situations where these medications are not appropriate due to their side effects or dosage forms. For example, if you have a patient who is suffering from both vomiting and diarrhea neither commercially available oral or rectal preparations work well. In this situation, compounded topical medication may provide an excellent solution.

There are many different compounded treatments for nausea and vomiting that offer prescribers flexibility in meeting the needs of the individual patient. For example, Promethazine transdermal gel is the most popular alternative to the tablets or suppositories. The gel is dosed like a suppository and applied and massaged to the inner wrist. It is easy to apply, portable, and works quickly. It also causes less drowsiness than the tablets or suppositories and is easy to administer.

Another setting in which compounding can be of great benefit is hospice care. Many hospice patients suffer anxiety along with nausea and vomiting. With compounding, the medications to treat both nausea and anxiety can be combined into one dosage form. Potential compounded medications for treat nausea and vomiting include the following: Metoclopramide, Trimethobenzamide, Haloperidol, Droperidol, Diphenhydramine, Meclizine, Chlorpromazine, Promethazine, Scopolamine, Lorazepam, Alprazolam and Midazolam. Any of the listed medications may be used alone or in combination to achieve the objective of relieving nausea and vomiting. Various dosage forms may be used such as: transdermal gels, oral capsules, oral suspensions and suppositories.

This month's featured compounds are **Promethazine Gel** and **ABHR PLO Gel**.

Promethazine Gel is a topical gel applied to the inner wrist. It is usually given every six to eight hours and is dosed in strength like a suppository. It has a rapid onset, usually within 10 to 15 minutes and causes fewer side effects than oral or rectal forms. The gel is a preferred route of administration in all age groups and is commonly requested all other forms.

ABHR PLO Gel is a combination of medications to treat nausea and anxiety. The medications include: Lorazepam, Diphenhydramine, Haloperidol and Metoclopramide. The normal dose is 0.5mL to 1mL every six hours as needed for nausea and anxiety.

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacists and staff at (580) 355-4540.