

NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

Typically occurs in first few days of flight

SYMPTOMS

- Stomach awareness
- Nausea
- Headache
- Decreased appetite
- Vomiting
- Head-spinning sensation (worsens with head movement)
- Excess salivation
- Sweating

TREATMENT

1. Maintain hydration, bland diet as tolerated.
2. Move slowly.  
Minimize head movements.
3. Cool cabin.

MEDICATIONS

1. Mild Case  
Antinausea, Antivomiting Drugs

| <b>DRUG HELP</b>   |
|--|
| 1. If patient is vomiting such that pills cannot stay down or are provocative, use Compazine Suppository.  |
| 2. If stronger and more rapid effect needed, go to injectable Phenergan.   |
| 3. The main side effect of both Compazine and Phenergan is drowsiness/sedation. If symptoms interfere with sleep, injectable Phenergan at bedtime may be especially helpful. |

AMP Phenergan Oral (Promethazine) (P1-B22), (Injectable 1-6) - Antinausea,

## MOTION SICKNESS

(ISS MED/3A - ALL/FIN)

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(blue) antihistamine

Dose: 1-2 tablets every 4 to 6 hours as needed

### NOTE

Severe side effects of Phenergan:

Muscles tight contracted

Eyes may be 'rolled up' into head (rare reaction)

Sedation, inability to contract, drowsiness,

dizziness, blurred or double vision, nausea, rash

Treatment for Phenergan Reaction

ALSP

(red)

Diphenhydramine (Benadryl Injectable) (Drug 14 --- 17)

Dose: Inject 1 ml intramuscularly.

Refer to INJECTION - INTRAMUSCULAR (SODF: ISS MED),

INJECTION - TUBEX INJECTOR (SODF: ISS MED: INJECTIONS/IV).

Contact Surgeon.

### 2. Moderate/Severe Case

Nausea, vomiting, fatigue, inability to eat

ALSP

(red)

Phenergan Injectable (Promethazine) (Injectables-1-6) - Antinausea,  
antihistamine

Dose: Inject 1/2 to 1cc intramuscularly.

Refer to INJECTIONS - INTRAMUSCULAR (SODF: ISS MED:

INJECTIONS/IV).

### NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

NOTE

Spasms of head and neck muscles may occur with intramuscular injection. Muscles may be tight, contracted, eyes may be rolled up in head (rare reaction).

Possible side effects

Sedation, inability to concentrate, drowsiness, dizziness, blurred or double vision, nausea, rash

AMP  
(blue)

Compazine Suppository (Prochlorperazine) (P4-B1) - Antinausea

Dose: 1 suppository every 6 hours as needed

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Drowsiness, dizziness, blurred vision, rash, low blood pressure, reduced breathing rate, agitation, muscle spasms