Regional Pre-Printed Orders for
NAUSEA and VOMITING of PREGNANCY
Outpatient and Emergency Room

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DRUG & FOOD ALLERGIES

- Mandatory  □ Optional: Prescriber check (✓) to initiate, cross out and initial any orders not indicated.

• Patient weight _______ kg
• Urine dipstick for ketones
• Lab work: CBC, electrolytes, urea, creatinine, ALT, TSH
• Obstetrical ultrasound (if not yet done)

**Intravenous**

- If able to tolerate rapid infusion (no underlying health conditions contraindicating rapid rate):
  - □ Bolus of 1 L ringers lactate over one hour, then reduce rate to 400 mL/h for total of 2000 mL  OR
  - □ ___________________________

- Saline lock IV after 2 L intravenous solution is absorbed if referred to Nausea and Vomiting Clinic

**Medications (See back page for treatment algorithm):**

- Discontinue oral prenatal vitamins and iron
- folic acid 1 mg PO daily
- Add multivitamin (MULTI-12 EQUIV) IV into second litre of ringers lactate
  - □ doxylamine-pyridoxine long acting 10 mg-10 mg tab (DICLECTIN EQUIV) one tablet PO in the morning, one tablet in the afternoon, and two tablets before bed OR
  - □ doxylamine-pyridoxine long acting 10 mg-10 mg tab (DICLECTIN EQUIV) one tablet PO in the morning and at dinner time and two tablets at lunch time and before bed
  - □ dimenhyDRINATE 50 mg IV/PO/rectal Q4H PRN
  - □ ranitidine 50 mg IV Q8H PRN OR
  - □ ranitidine 150 mg PO BID for heartburn
  - polyethylene glycol (PEG 3350) 17 grams (dissolve powder in one cup of fluid) PO once daily PRN to prevent or treat constipation
  - Additional order(s) ___________________________

**Follow-up for women treated in Emergency Room or Perinatal Assessment Room:**

- □ Admit to perinatal unit
- □ Discharge home when 2 L of IV solution absorbed
  - • Ensure patient has adequate supply of medications for at home (may require prescription)
- □ Refer to Nausea and Vomiting Clinic by faxing this order sheet, patient's face sheet (if in hospital), and antenatal history and physical to:
  - □ Abbotsford Regional Hospital (Fax: 604-851-4818)
  - □ Royal Columbian Hospital (Fax: 604-520-4183)
  - □ Jim Pattison Outpatient Care and Surgery Centre [Surrey] Fax: (604-582-3798)

**Nausea and Vomiting of Pregnancy Clinic additional orders**

- Weigh on first visit and weekly thereafter (record pre-pregnant body mass index [BMI] in chart)
- Daily urine dipstick for ketones
- CBC, electrolytes, urea, creatinine, ALT, TSH on first visit, weekly, and if symptoms worsen
- Obstetrical ultrasound (if not yet done)
- MOTHERISK PUQE-24 scoring system daily
- Saline lock IV

Date (dd/mm/yyyy)  Time  Prescriber Signature  Printed Name and College ID#
Treatment of Nausea and Vomiting of Pregnancy Algorithm

*If no improvement, proceed to next step*

Discontinue oral prenatal vitamins and iron
Give folic acid 1 mg PO once daily

Start doxylamine-pyridoxine long acting 10 mg-10 mg tab (DICLECTIN EQUIV)

Typical starting dose: one tablet orally in the morning and afternoon, and two tablets orally before bed

Titrate dose up to 8 tablets a day and adjust schedule according to severity of symptoms

Note: DICLECTIN EQUIV is a delayed release tablet; administer regularly to improve efficacy

No dehydration

- dimenhydrinate 50 mg orally or rectally 1 hour before DICLECTIN EQUIV doses OR 50 mg orally or rectally Q6H (may increase up to Q4H regularly)
- ranitidine 150 mg PO BID

Add
- metoclopramide 10 mg PO Q8H

Add
- ondansetron 8 mg PO Q12H PRN OR 4 mg PO Q8H PRN
  (stop metoclopramide if previously given)

- Bowel Care
  - If able to tolerate oral fluids give polyethylene glycol (PEG 3350)
  - glycerin adult suppository
  - Consider DVT prophylaxis while in hospital
  - Inpatients: in preparation for discharge from hospital, gradually change each IV medication to oral dose and route

Dehydration

- IV rehydration
- multivitamin IV supplementation once daily
- dimenhydrinate 50 mg IV Q6H (may increase up to Q4H regularly)
- ranitidine 50 mg IV Q8H

Add
- metoclopramide 10 mg IV Q8H

Add
- ondansetron 8 mg IV Q12H PRN OR 4 mg IV Q8H PRN
  (stop metoclopramide if previously given)

Add
- methylprednisolone 15 to 20 mg IV Q8H PRN for up to 24 h