DIMENHYDRINATE (Gravol)

1.0 Classification
- Antihistamine
- Anti-nauseant/anti-emetic
- Anticholinergic

2.0 Mechanism of Action
- Dimenhydrinate is a histamine antagonist with anticholinergic properties which results in the reduction of vomiting

3.0 Indications
- Nausea or vomiting
- Vertigo ("room spinning")

4.0 Contraindications
- Altered or depressed LOC

5.0 Precautions
- Use cautiously in pediatric and geriatric population as they are more prone to adverse effects

6.0 Route
- May be given IV or IM

7.0 Dosage
- Adult
  - 25 mg IV over 30 seconds OR 25-50 mg IM (according to age and size) repeat x 1 in 20 minutes if symptoms persist
- Pediatric
  - 1 mg/kg IV (maximum 25 mg) over 30 seconds or IM repeat x 1 in 20 minutes if symptoms persist

8.0 Supplied
- 5 mL vial of 10 mg/mL (this formulation will be phased out)
- 1 mL ampoule of 50 mg/mL

9.0 May Be Given By
- PCP/ICP/ACP/CCP

10.0 Adverse effects
- Hypotension
- Drowsiness
- Pain/burning at IV site
- Delirium
- Anticholinergic effects (urinary retention, dry mouth, etc.)
11.0 Special notes

- To administer IV dimenhydrinate using the 1 mL ampoule: dilute 1 mL ampoule of dimenhydrinate with 9 mL of normal saline to produce a 5 mg/mL solution; do not dilute to administer IM
- Pregnancy category B [if there is a clinical need for it, Category B drugs are considered safe to use]

12.0 References

- Abdominal Emergencies Clinical Practice Guideline
- EENT + Dental Emergencies Clinical Practice Guideline
- Compendium of Pharmaceuticals and Specialties (CPS)

*Electronically Signed
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