

## Nausea Prevention & Treatment

### High: Aprepitant (PO)-Palonosetron-Dexamethasone-Lorazepam

- The following is a calendar to instruct you when to take your medicine.
- These medicines were prescribed to both prevent you from feeling nauseous (“sick to your stomach”) and treat nausea if it occurs after your chemotherapy.
- The days and dates are listed down the left column. The approximate time of day that you should take the medicine is listed across the top.
- It is important to take your medicine as instructed even if you are feeling well. It is easier to prevent nausea and vomiting than to treat it once it occurs.
- If these medicines are not helping you or you think they are causing a side effect(s) please call 732-235-2465 and ask for the Nurse Help Line. Ask for your doctor if after 5 p.m. or on a weekend.

**Aprepitant (PO)= Emend<sup>®</sup>, Palonosetron = Aloxi<sup>®</sup>,  
Dexamethasone = Decadron<sup>®</sup>, Lorazepam = Ativan<sup>®</sup>**

Date	Medication	8 A.M.	8 P.M.
<b>Day 1</b>  Date: ____/____/____  <i>Please Circle</i> Sn, M, T, W, Th, F, S	<b>Aprepitant</b> 125 mg capsule	Given by a nurse before chemotherapy	
	<b>Palonosetron</b> 0.25 mg IV injection	Given by a nurse before chemotherapy	
	<b>Dexamethasone</b> 4 mg tablet	Given by a nurse before chemotherapy	
	<b>Lorazepam</b> 0.5 mg tablet		One (1) Tablet <i>Only If Needed</i>
<b>Day 2</b>  Date: ____/____/____  <i>Please Circle</i> Sn, M, T, W, Th, F, S	<b>Aprepitant</b> 80 mg capsule	One (1) Capsule	
	<b>Dexamethasone</b> 4 mg tablet	Two (2) Tablets <i>with food or milk</i>	
	<b>Lorazepam</b> 0.5 mg tablet		One (1) Tablet <i>Only If Needed</i>
<b>Day 3</b>  Date: ____/____/____  <i>Please Circle</i> Sn, M, T, W, Th, F, S	<b>Aprepitant</b> 80 mg capsule	One (1) Capsule	
	<b>Dexamethasone</b> 4 mg tablet	Two (2) Tablets <i>with food or milk</i>	
	<b>Lorazepam</b> 0.5 mg tablet		One (1) Tablet <i>Only If Needed</i>
<b>Day 4</b>  Date: ____/____/____  <i>Please Circle</i> Sn, M, T, W, Th, F, S	<b>Dexamethasone</b> 4 mg tablet	Two (2) Tablets <i>with food or milk</i>	
	<b>Lorazepam</b> 0.5 mg tablet		One (1) Tablet <i>Only If Needed</i>

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.