

RUTGERS Cancer Institute of New Jersey **RUTGERS HEALTH** 



## **Nausea Prevention & Treatment**

## High: Aprepitant (PO)-Palonosetron-Dexamethasone-Olanzapine-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 <u>approximate</u> 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>, Olanzapine = Zyprexa<sup>®</sup>, Lorazepam = Ativan<sup>®</sup>

Date	Medication	8 A.M.	8 P.M.
Day 1	Aprepitant	Given by a nurse	
	125 mg capsule	before chemotherapy	
	Palonosetron	Given by a nurse	
Date://	0.25 mg IV injection	before chemotherapy	
	Dexamethasone	Given by a nurse	
	4 mg tablet	before chemotherapy	
Please Circle	Olanzapine	Given by a nurse	
Sn, M, T, W, Th, F, S	5 mg tablet	before chemotherapy	
	Lorazepam		One (1) Tablet
	0.5 mg tablet		Only If Needed
Day 2	Aprepitant	One (1) Capsule	
Day 2	80 mg capsule	One (1) Capsule	
Date://	Dexamethasone	Two (2) Tablets	
	4 mg tablet	with food or milk	
Please Circle	Olanzapine	with joba of mitk	One (1) Tablet
Sn, M, T, W, Th, F, S	5 mg tablet		One (1) Tablet
	Lorazepam		One (1) Tablet
	0.5 mg tablet		Only If Needed
			<i>Shij</i> <u>1</u> (coucu
Day 3	Aprepitant	One (1) Capsule	
	80 mg capsule		
Date://	Dexamethasone	Two (2) Tablets	
	4 mg tablet	with food or milk	
Please Circle	Olanzapine		One (1) Tablet
Sn, M, T, W, Th, F, S	5 mg tablet		
	Lorazepam		One (1) Tablet
	0.5 mg tablet		Only If Needed
Day 4	Dexamethasone	Two (2) Tablata	
Day 4	4 mg tablet	Two (2) Tablets with food or milk	
Date://	<u> </u>	wun joou or muk	One (1) Tablet
Daic//	5 mg tablet		One (1) Tablet
Please Circle			
Sn, M, T, W, Th, F, S	Lorazepam		One (1) Tablet
Say 11, 1, 1, 1, 1, 1, 1, 0	0.5 mg tablet		Only If Needed

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

<sup>®</sup>Rutgers Cancer Institute of New Jersey Patient Education Committee