

Nausea Prevention & Treatment

Moderate: Aprepitant (PO)-Palonosetron-Dexamethasone-Metoclopramide

- 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[®], Metoclopramide = Reglan[®],
Dexamethasone = Decadron[®], Palonosetron = Aloxi[®]**

Date	Medication	7 A.M.	12 Noon	6 P.M.	11 P.M.
Day 1 Date: ____/____/____ <i>Please Circle</i> Sn, M, T, W, Th, F, S	Aprepitant 125 mg capsule	Given by a nurse before chemotherapy			
	Palonosetron 0.25 mg IV injection	Given by a nurse before chemotherapy			
	Dexamethasone 4 mg tablet	Given by a nurse before chemotherapy			
	*Metoclopramide 10 mg tablet			____ Tablet(s)	____ Tablet(s)
Day 2 Date: ____/____/____ <i>Please Circle</i> Sn, M, T, W, Th, F, S	Aprepitant 80 mg capsule	One (1) Capsule			
	Dexamethasone 4 mg tablet	Two (2) Tabs <i>with food or milk</i>			
	Metoclopramide 10 mg tablet	____ Tablet(s)	____ Tablet(s)	____ Tablet(s)	____ Tablet(s)
Day 3 Date: ____/____/____ <i>Please Circle</i> Sn, M, T, W, Th, F, S	Aprepitant 80 mg capsule	One (1) Capsule			
	Dexamethasone 4 mg tablet	Two (2) Tabs <i>with food or milk</i>			
	Metoclopramide 10 mg tablet	____ Tablet(s)	____ Tablet(s)	____ Tablet(s)	____ Tablet(s)

*Metoclopramide dosing (0.5mg/kg/day divided into 4 doses)

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