

Nausea Prevention & Treatment

Moderate: 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.

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

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

***Metoclopramide dose (0.5mg/kg/day in 4 divided doses)**

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