

POLICY: 554.46  
TITLE: Nausea or Vomiting

EFFECTIVE: 2/24/21  
REVIEW: 2/2026  
SUPERCEDES:

APPROVAL SIGNATURES ON FILE IN EMS OFFICE

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## NAUSEA OR VOMITING

- I. AUTHORITY  
Health and Safety Code, Division 2.5, California Code of Regulations, Title 22, Division 9
- II. PURPOSE  
To serve as the treatment standard for EMR's EMT's and Paramedics in treating patients.
- III. PROTOCOL  
Nausea or Vomiting may be due to a viral illness (such as gastroenteritis), motion sickness brought on by vehicle movement, or medication side effects. However, it is important to remember that more serious medical conditions also produce nausea or vomiting such as stroke, head injuries, toxic ingestions, bowel obstruction, appendicitis and acute coronary syndrome. Generally, benign causes of nausea or vomiting do not have any associated pain complaints. Likewise, pain or alterations in level of consciousness with associated nausea or vomiting tend to have more serious etiologies.

### **EMR STANDING ORDERS**

<b>Patient Assessment</b>	Circulation, Airway, Breathing. Assess vitals q5 minutes
<b>Oxygen Administration</b>	Provide oxygen if appropriate
<b>Suction</b>	Be prepared to suction the airway if indicated

### **EMT STANDING ORDERS**

<b>Note</b>	If applicable must perform items in EMR standing orders
<b>Pulse Oximetry</b>	Report initial reading to paramedic if applicable
<b>Glucometer</b>	Obtain glucose level

### **PARAMEDIC STANDING ORDERS**

<b>Note</b>	If applicable must perform items in EMR and EMT standing orders
<b>Monitor</b>	Treat heart rhythm as appropriate

**Consider IV Access**

For prolonged history of vomiting with exam findings suggesting dehydration (dry mucous membranes, tachycardia, hypotension, poor skin turgor, delayed capillary refill), administer 500ml normal saline bolus. Recheck vitals. May repeat x1

**CONSIDER ONDANSETRON**

**For severe nausea or persistent vomiting:**

Administer 4mg IV/IM. May repeat every 10 minutes to a maximum of 12mg.

**Note: administer IV dose over 1 minute (slow IV push). Ondansetron is contraindicated in patients with hypersensitivities to Ondansetron or similar medications such as Dolasetron (Anzemet®), Granisetron (Kytril®), Palonosetron (Aloxi®)**

**Clinical PEARLS:**

- Rapid administration of Ondansetron has been associated with increased side effects, most notably syncope. Ondansetron must be administered SLOWLY over 1 minute.
- Other rare side effects of Ondansetron include headache, dizziness, tachycardia, sedation, or hypotension.
- Ondansetron is SAFE for use in pregnancy or breast-feeding mothers.
- Note color of emesis
- 12 lead acquisition if cardiac is suspected