

Tip: Quick relief from nausea using a packet from your pocket

Who knew the ubiquitous alcohol swab could help nauseous patients feel better! How easy is it? Sit your patient down with an emesis tray at the ready. Have the patient do three nasal inhalations (in through the nose - out through the mouth) from an opened alcohol swab every 15 minutes, with 2 repeats if necessary.

Want more info? Check out:

www.aliem.com/2015/trick-trade-isopropyl-alcohol-vapor-inhalation-nausea-vomiting/



The use of inhaled isopropyl alcohol has been well-studied in anesthesia literature showing at least a 50% decrease in the severity of nausea within 10 minutes, which is 20 minutes faster than IV ondansetron! Even a 2012 Cochrane Review concluded that isopropyl alcohol was effective in reducing the need for rescue anti-emetics; but it is **NOT RECOMMENDED IN CHILDREN** as it just too noxiously stinky for kids. With no reported adverse reactions in adults, this inhaled vapor is extremely cheap and readily available.