

Quick Relief from Nausea Using a Packet from Your Pocket!

The ubiquitous alcohol swab: This folk remedy from South America is a quick and easy way to help nauseous patients feel better. How easy is it? Sit your patient down with an emesis tray at the ready. Have your patient do 3 nasal inhalations (in through the nose - out through the mouth) from an opened alcohol swab every 15 minutes, with 2 repeats if necessary.

The use of inhaled isopropyl alcohol has interestingly 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.

Want to know more? Visit <https://www.aliem.com/2015/trick-trade-isopropyl-alcohol-vapor-inhalation-nausea-vomiting/>