

# **Dimenhydrinate** (Gravol)

**Indication(s):** Pain Management, Gastroenteritis (Nausea and Vomiting)

**Contraindications:** Hypersensitivity to dimenhydrinate. History of glaucoma, chronic lung disease, and/or prostatic hypertrophy.

**Precautions:** May impair the ability to perform hazardous activities requiring mental alertness or physical coordination such as operating machinery or driving a car. Dimenhydrinate has substance abuse potential due to its hallucinogenic and euphoric effects (Monitor).

**Drug Interactions:** Dimenhydrinate can have additive effects when co-administered with other CNS depressants (e.g. alcohol, sedatives, hypnotics ...) and drugs with anticholinergic effects (e.g. tricyclic antidepressants and antihistamines) (Avoid combinations where possible/Monitor).

**Adverse Effects:** Drowsiness and dizziness are reported most frequently, particularly with higher dosages. Pain may occur at the site of IM injection. Since dimenhydrinate contains 50% diphenhydramine, the possibility of diphenhydramine side effects must also be considered (See diphenhydramine monograph).

**Pharmacology:** Dimenhydrinate is well absorbed after oral administration. Antiemetic effects occur almost immediately after IV administration, within 20-30 minutes after IM administration and 15-30 minutes after oral administration.

**Dosage and Administration:** Dimenhydrinate 25-50 mg PO/IV/IM q6hr PRN.