

## Nausea Prevention & Treatment

### Moderate: Aprepitant (PO)-Palonosetron-Dexamethasone-Lorazepam

- 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.

**Aprepitant (PO) = Emend<sup>®</sup>, Palonosetron = Aloxi<sup>®</sup>,  
Dexamethasone = Decadron<sup>®</sup>, Lorazepam = Ativan<sup>®</sup>**

Date	Medication	8 A.M.	8 P.M.
<b>Day 1</b>	<b>Aprepitant 125 mg capsule</b>	<b>Given by a nurse before chemotherapy</b>	
Date: ___/___/___	<b>Palonosetron 0.25 mg IV injection</b>	<b>Given by a nurse before chemotherapy</b>	
<i>Please Circle Sn, M, T, W, Th, F, S</i>	<b>Dexamethasone 4 mg tablet</b>	<b>Given by a nurse before chemotherapy</b>	
	<b>Lorazepam 0.5 mg tablet</b>		<b>One (1) Tablet Only If Needed</b>
<b>Day 2</b>	<b>Aprepitant 80 mg capsule</b>	<b>One (1) Capsule</b>	
Date: ___/___/___	<b>Dexamethasone 4 mg tablet</b>	<b>Two (2) Tablets with food or milk</b>	
<i>Please Circle Sn, M, T, W, Th, F, S</i>	<b>Lorazepam 0.5 mg tablet</b>		<b>One (1) Tablet Only If Needed</b>
<b>Day 3</b>	<b>Aprepitant 80 mg capsule</b>	<b>One (1) Capsule</b>	
Date: ___/___/___	<b>Dexamethasone 4 mg tablet</b>	<b>Two (2) Tablets with food or milk</b>	
<i>Please Circle Sn, M, T, W, Th, F, S</i>	<b>Lorazepam 0.5 mg tablet</b>		<b>One (1) Tablet Only If Needed</b>

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