Drug Information Table

Antihistamines – dimenhydrinate

Therapeutic Use	Administration	
• Motion sickness	• Give dimenhydrinate orally or IM. • Give the initial dose 30 to 60 min before the activity that triggers nausea. • Give subsequent doses before meals and at bedtime. • Make sure patients do not swallow chewable tablets whole.	
Side/Adverse Effects	**Interventions**	**Patient Instructions**
• Sedation	• Monitor patients when ambulating.	• Do not take prior to driving or activities requiring mental alertness. • Sit or lie down if feeling drowsy. • Change positions gradually.
• Anticholinergic effects (dry mouth, urinary retention, constipation)	• Monitor for anticholinergic effects. • Monitor bowel elimination patterns. • Monitor urinary elimination patterns.	• Suck on hard candy or chew gum. • Sip water. • Increase fluid and fiber intake. • Increase activity levels. • Urinate every 4 hr and report any undesirable changes in urinary elimination.
Contraindications	**Precautions**	**Interactions**
• Children younger than 2 yr • Angle-closure glaucoma • Prostatic hypertrophy • Gastrointestinal or urinary tract obstruction • CNS depression • Jaundice	• Seizure disorders • Asthma, COPD • Phenylketonuria • Porphyria • Severe liver dysfunction • Older adults	• Other CNS depressants increase sedative effects. • Tricyclic antidepressants increase anticholinergic effects.