

Hyperemesis Treatments

Alexander D. Kofinas, MD
Director, Kofinas Perinatal
Associate Professor, Clinical Obstetrics and Gynecology
Cornell University, College of Medicine

IV treatment for acute Hyperemesis in hospitalized patients.

1. Reglan 10 mg IV q6h or q 4h if needed
2. Zofran (ondansetron hydrochloride) injection
3. 0.15 mg/Kg IV over 15 minutes 3 times a day (10 mg IV/15min q8h)
4. Methylprednisolone (Medrol) 16 mg PO TID for 3 days and then taper over a period of 2 weeks

Schedule for Medrol discontinuation

1. 16 mg (two 8mg tablets) every eight hours for 3 days.
2. 12 mg three times a day for 4 days (1 and ½ tablet 3 times a day)
3. 8 mg three times a day for 4 days (1 tablet 3 times a day)
4. 4 mg three times a day for 4 days (½ tablet 3 times a day)
5. 2 mg three times a day for 3 days (1/4 tablet 3 times a day)
6. 2 mg twice a day for 2 days (1/4 tablet 2 times a day)
7. 2 mg once a day for 1 day (1/4 tablet once a day)
8. No more Medication

Oral Medications

1. Unisom (Doxylamine) 12.5 mg (half tablet) and Vitamin B6 25 mg ½ hour prior to every meal 3 times a day.
2. Reglan 10 mg p.o TID
3. Zofran ODT 8 mg TID