

Date June 15, 2026
To
From Matthew Davis, M.D., M.Sc., FRCPC, DRCPSC
Regional Medical Director, SWORBHP
Subject Clarification on Dimenhydrinate (Gravol) for those aged 65 and older

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SWORBHP Region Paramedics

As part of the ALS PCS v5.4 release, there were age and verbiage updates within the Nausea and Vomiting Medical Directive related to dimenhydrinate (Gravol). As we have been auditing the care through multiple feedback responses, we have heard that the wording within the Nausea and Vomiting Medical Directive has been contributing to some practice confusion.

Please remember dimenhydrinate can only be administered to patients 65 or older **if ondansetron is unavailable** (unable to be obtained by the Paramedic Service due to a medication shortage).

Risks of administering dimenhydrinate to elderly patients include sedation, precipitated delirium, and interactions with other anticholinergic/sedating medications they may be taking. In any case, other than service ondansetron shortage, a BHP patch would be required prior to administering dimenhydrinate to patients over the age of 65. In these cases, as dose of 25 mg would be appropriate.

We understand there is confusion reading the standing Nausea and Vomiting Medical Directive. SWORBHP is working on this provincially to have the directive updated to provide clarity.

We appreciate the excellent efforts by our region's paramedics to deliver much-needed symptom relief to your patients.

Sincerely,



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