Cyclizine – Palliative Care (Adults)

Contents

1. Overview ........................................................................................................................................... 1
2. Presentation ......................................................................................................................................... 1
3. Indications ........................................................................................................................................... 1
4. Mechanism of Action........................................................................................................................... 2
5. Dose ..................................................................................................................................................... 2
6. Administration ...................................................................................................................................... 2
   6.1 Diluent ............................................................................................................................................. 2
   6.2 Additional equipment ....................................................................................................................... 2
   6.3 Compatibility .................................................................................................................................... 2
   6.4 Administration Procedure ............................................................................................................. 3
7. Observation and Monitoring .................................................................................................................. 3
8. Contraindications and Precautions ....................................................................................................... 3
9. Possible Adverse Effects ..................................................................................................................... 3
10. Drug Interactions ............................................................................................................................... 3
11. References ......................................................................................................................................... 4

1. Overview

Purpose
This protocol outlines the administration, prescribing and monitoring of cyclizine for palliative care purposes at Waitemata District Health Board.

Scope
All medical and nursing staff

⚠️ This guideline is for use in Palliative Care ONLY.

2. Presentation

Cyclizine 50mg tablets
Cyclizine lactate 50mg/ml ampoule for injection. A clear colourless solution

3. Indications

Licensed:
- Nausea and vomiting including that associated with:
  - motion sickness, narcotic analgesics, general anesthetics (post-operative), radiotherapy and Meniere’s disease¹
  - Pre-operative use to prevent regurgitation and aspiration of gastric content² (raises tone of lower oesophageal sphincter)

Unlicensed:
- Nausea and vomiting associated with mechanical bowel obstruction and raised intracranial pressure²
Cyclizine – Palliative Care (Adults)

Unlicensed route of administration:
- Subcutaneous use. Cyclizine lactate injection is routinely administered subcutaneously in New Zealand and worldwide.

4. Mechanism of Action
Cyclizine is a histamine H₁ receptor antagonist with antimuscarinic and antiemetic properties. Cyclizine reduces excitability of the inner ear labyrinth and acts directly on the vomiting centre in the brain stem.

5. Dose

<table>
<thead>
<tr>
<th>Route</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usual starting dose</td>
<td></td>
</tr>
<tr>
<td>PO</td>
<td>25-50mg tds (25mg in older adults)</td>
</tr>
<tr>
<td>SC</td>
<td>25-50mg tds (25mg in older adults)</td>
</tr>
<tr>
<td>Continuous subcutaneous infusion (CSCI)</td>
<td>Up to 150mg over 24 hours</td>
</tr>
</tbody>
</table>

Note: PO = oral, SC = subcutaneous. Cyclizine is licensed in New Zealand to a maximum dose of 150mg daily although doses up to 200mg daily can be used in palliative care.

6. Administration

6.1 Diluent
- For subcutaneous administration cyclizine does not need to be diluted.
- When added to a syringe driver the diluent must be water for injection.

⚠️ Cyclizine is NOT compatible with 0.9% sodium chloride.

6.2 Additional equipment
- Subcutaneous Saf-T-Intima single lumen [ADM140] (refer WDHB Policy Palliative Care- Subcutaneous Site Selection, Insertion and Monitoring of BD Saf-T-Intima Cannula)
- Continuous subcutaneous infusion pump (Niki T34) if required.

6.3 Compatibility

Note: Cyclizine is often incompatible with many drugs. Consider using a separate syringe driver.

Compatible with:
- Water for injection, haloperidol, hyoscine hydrobromide, morphine sulfate, morphine tartrate.

Concentration-dependant incompatibility with:
- Use combination with caution: dexamethasone, midazolam, hyoscine butylbromide, oxycodone, octreotide, clonazepam, fentanyl, metoclopramide.
- Contact the Palliative Care Team for concentration-specific advice.
Cyclizine – Palliative Care (Adults)

Incompatible with:
- 0.9% sodium chloride

⚠️ Do not use if the solution is cloudy or a precipitate is present.

6.4 Administration Procedure
- Can be injected directly by a subcutaneous needle or via Saf-T-Intima that has already been placed.
- The Saf-T-Intima should be flushed with 0.2ml of water for injection after administration of medication.
- Can be administered via a continuous subcutaneous infusion pump (Niki T34).

7. Observation and Monitoring
- Monitor for excessive drowsiness
- Can cause pain and irritation at the injection site

8. Contraindications and Precautions

Contraindications
- Hypersensitivity to cyclizine

Precautions
- Glaucoma
- Severe heart failure
- Hepatic impairment
- Prostatic hypertrophy
- History of urinary retention
- Epilepsy

9. Possible Adverse Effects

- Drowsiness
- Injection site reactions
- Dryness of the mouth, nose and throat
- Blurred vision
- Tachycardia
- Hypertension
- Hypotension
- Headache
- Oculogyric crisis
- Dystonia
- Twitching
- Muscle spasms
- Urinary retention
- Constipation
- Restlessness
- Nervousness
- Agitation, disorientation
- Insomnia
- Auditory and visual hallucinations

10. Drug Interactions

- Cyclizine may have additive effects with central nervous system depressants e.g. sedative hypnotics, antipsychotics, alcohol, and opiates.
- Because of its anticholinergic activity cyclizine may enhance the side effects of other anticholinergic agents.¹
11. References

1. Medsafe Website – Cyclizine Datasheets


6. New Zealand Formulary online, release 46-1 April 2016 – Cyclizine monograph.