

ascents™ Nausea Relief No. 44 Patient Protocol

ascents™ Nausea Relief No. 44 is designed to give medical professionals a natural, first-line treatment option to decrease patient nausea before resorting to harsh and expensive pharmaceutical solutions.*

Class

Essential Oils - 100% pure, no carrier oils. Tested and certified adulterant free.

Actions

ascents™ Nausea Relief No. 44 is an essential oil blend used to help manage the symptoms of PONV, morning sickness, motion sickness and other forms of stomach upset, including:

- in post-operative settings when nausea and vomiting can be detrimental to patient recovery
- in clinical settings to decrease nausea in sensitive patients during in-office procedures such as blood draws
- to alleviate nausea in patients undergoing chemotherapy or other medical treatment for which nausea and vomiting are a common side effect

Handling & Storage

Store in tightly closed original sachet, in a cool, dry and ventilated area away from heat sources and protected from light.

Fire Protection

Keep away from ignition sources and naked flames. Take precautions to avoid static discharge in working areas.

Stability & Reactivity

ascents™ essential oil blends present no significant reactivity hazards, alone or when in contact with water. Avoid contact with strong acids, alkali or oxidizing agents.

Decomposition

Not a factor if aligned with shelf life.

Shelf Life

Minimum 6-12 months when stored within advised conditions.

Dosing

3 puffs/use. No concern of overdose; however wait 30-45 minutes to reuse.

ROUTE OF ADMINISTRATION: Use a sachet to inhale essential oil vapors into nostrils. Reuse for up to 30 days after opening.

Onset - inhalation: Immediate

Duration: Use as needed

Contraindications

ascents™ products, as inhalation aromatherapy, are generally recognized as safe for pregnant women. Topical application of some essential oils has been known to have labor-inducing or other effects on pregnant women. Consult with your healthcare practitioner to see if topical application is safe for you.

The effect of tranquilizers, anticonvulsants, and antihistamines may be slightly enhanced by ascents™ Nausea No. 44.

Warnings

The presence of other medical problems has shown no affect with the use of this medicine. If ascents™ therapeutic essential oil blends are taken with certain other drugs, the effects of either could be increased, decreased, or altered. Therefore, avoid use of ascents™ with patients who suffer from severe asthma or multiple allergies.

Store away from fire or naked flame.

Store in cool place out of sunlight.

Use carefully during pregnancy.

Be aware of which essential oils are photosensitive, such as bergamot.

Side Effects

No side effects have been reported with the use of scents™ essential oil blends. Using ascents™ blends carries no concern of overdose.

Check with your doctor as soon as possible if any of the following side effects occur:

Headache

Loss of smell/ inflammation of nasal cavity

Pain

Skin rash

Sore throat

Unusual tiredness or weakness

Nausea

First-Aid Measures

Inhalation: Remove from exposure site to fresh air. Keep at rest. Obtain medical attention.

Eye Contact: Rinse immediately with plenty of water for at least 15 minutes. Contact a doctor if symptoms persist.

Skin Contact: Remove contaminated clothes. Wash thoroughly with soap and water, flush with plenty of water. If irritation persists, seek medical advice.

Ingestion: Rise mouth out with water. Seek medical advice immediately.

RESEARCH

Numerous studies have examined the effects of aromatherapy as a natural treatment for nausea, including:

Hunt et al. conducted a randomized-trial of aromatherapy with patients who reported nausea in the postanesthesia care unit. Patients who complained of nausea received a gauze pad saturated with a randomly chosen aromatherapy agent and were told to inhale deeply three times; nausea was measured again after five minutes. The change in nausea levels was significant, concluding that aromatherapy could serve as a promising, effective, inexpensive, non-invasive and natural treatment for post-op nausea. [Aromatherapy as Treatment for Post-Operative Nausea](#)

Anderson et al. studied the effect of aromatherapy on 33 surgery patients who complained of nausea in the PACU. Patients indicated the severity and then received randomized aromatherapy by inhaling vapors from scented gauze pads. Nausea levels were tested again two and five minutes later. Overall nausea scores decreased, and patients were satisfied overall with their post-operative nausea management. Aromatherapy effectively reduced the perceived severity of postoperative nausea. [Aromatherapy with Peppermint](#)

Lane et al. examined the effect of peppermint spirits in postoperative nausea in women following a C-section. 35 women complaining of postoperative nausea were assessed and administered the assigned intervention, and then reassessed 2 and 5 minutes after. Participants in all three intervention groups had similar baseline levels; however when tested 2 and 5 minutes after, the nausea levels of participants in the peppermint spirits groups were significantly lower than those of participants in the other 2 groups. Peppermint may be a useful adjunct in the treatment of postoperative nausea. [Peppermint Aromatherapy for Nausea](#)

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease

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THE SCIENCE OF SCENT™

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