
Peppermint Water for relief of flatulence or dyspepsia in adults

SESLHDPR/445**POLICY STATEMENT**

The Registered Nurse (RN), Registered Midwife (RM) or Enrolled Nurse (EN) is authorised to instigate nurse/midwife-initiated medication without an authorised prescriber's order under the specific circumstances set out in the **INDICATIONS** section and provided there are no contraindications present.

An Enrolled Nurse (EN) may administer 'nurse-initiated medication' to children greater than 16 years and adults. The EN must confirm verbally with their supervising Registered Nurse prior to the administration that the medication is appropriate and safe for the patient. An EN with a notation because they do not hold board approved qualifications in the administration of medicines is NOT authorised to administer any medication.

It is important for nursing and midwifery staff to remain aware that:

- Minor ailments may be symptoms of other more serious diseases or may be adverse reactions to medication already prescribed
- Nurse-initiated medication may interact with the patient's prescribed medication
- The maximum daily recommended dose of the medication must not be exceeded.¹

The administering nurse/midwife must record the administration on an approved paper or electronic medication chart, clearly indicating that the medicine was nurse initiated.

If the patient continues to require the medication (i.e., more than two doses in 24 hours) then a medical officer (MO) must be consulted and a regular or PRN order obtained.

A change in the patient's condition such as newly occurring or increasing severity of symptoms must be reported to the MO and investigated.

INDICATIONS

Flatulence and/or dyspepsia in adults

CONTRAINDICATIONS

- Allergy to peppermint, menthol, or other members of the mint family
- Severe liver damage, bile duct obstruction, gall bladder inflammation or kidney stones

PRECAUTIONS

- Symptoms may be exacerbated in patients with pre-existing heartburn
- Use in pregnancy – there is insufficient reliable data on use of peppermint in therapeutic doses

HISTORY/ASSESSMENT

Ensure no antacids have been administered within 2 hours

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PROTOCOL/ADMINISTRATION GUIDELINES

Caution: CHECK for allergies and/or contraindications			
Drug	Dose	Route	Frequency
Peppermint water	10 to 40 mL	Oral	ONCE only
Give half an hour before food			

MONITORING - POTENTIAL ADVERSE EFFECTS/INTERACTIONS

Heartburn, nausea, vomiting and allergic reactions have been reported

DOCUMENTATION

A record of the administration must be made on the approved paper or electronic medication chart noting that the medication was nurse initiated.

A further record of the medication administered including indication, dose and effect must be included in the patient's health care record.

PRACTICE POINTS

- Onset of action within 5 to 10 minutes
- If adequate relief is not obtained notify the Medical Officer to review the patient.

REFERENCES/FURTHER READING

1. [NSW Health Policy Directive Medication Handling PD2022_032](#)

REVISION and APPROVAL HISTORY

Date	Version Number	Author and Approval
July 2015	DRAFT	Pharmacy Department, Sydney Eye Hospital
September 2015	1	Approved by SESLHD Drug & QUM Committee
May 2018	DRAFT 2	Reviewed by nursing and pharmacy staff. Minor wording updates made. References updated.
July 2018	2	Approved by SESLHD Quality Use of Medicines Committee.
September 2021	DRAFT 3	Reviewed by nursing and pharmacy staff.
October 2021	3	Approved by SESLHD Quality Use of Medicines Committee
July 2023	DRAFT 4	Reviewed by nursing and pharmacy staff.
September 2023	4	Approved by SESLHD Drug and Therapeutics Committee