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Member Organization of the National Association of Pharmacy Regulatory Authorities (NAPRA)

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Policy Regarding Dimenhydrinate Sale Entry into the Drug Information System (DIS)

Background:

Under the Drug Schedules approved by the PEI Pharmacy Board, dimenhydrinate is classified as Schedule III. *“Schedule III drugs may present risks to certain populations in self-selection and although available without a prescription, these drugs are to be sold from the self-selection area of the pharmacy which is operated under the direct supervision of the pharmacist.”*

While evidence of abuse of dimenhydrinate does not appear to be well documented in this province, there are periodic instances of hospitalization of patients who have overdosed on this product. There are also numerous anecdotal reports from pharmacists of evidence of abuse of dimenhydrinate for its mood-altering properties.

This revised policy is an attempt to balance the appropriate availability of dimenhydrinate for self-medication with the responsibility to prevent or reduce the incidence of misuse. The Drug Information System (DIS) will enable the sale of dimenhydrinate to patients to be recorded by a network system that will alert the pharmacist of recent sales to the same individual.

Policy:

- 1) Pharmacists shall monitor the sale of dimenhydrinate **in dosages of 25mg or higher** and submit this information on the patient's profile, to DIS.
 - a. Patient Profile - Once the pharmacist determines the appropriateness of the request to self-medicate, he/she shall document the transaction on the patient's medication profile including the DIS system. This documentation shall be done on the profile of the customer who is purchasing the product.

Documentation shall provide the following transaction information:

- i. Date of supply
- ii. Brand name of drug or generic name of the drug and name of manufacturer, strength and form of dimenhydrinate
- iii. Quantity of the drug (i.e. 10 or 30 tablets) in the “sig” field
- iv. Identification of the pharmacy
- v. Initials of the pharmacist authorizing supply

- b. Retention of Documentation - Each pharmacy shall ensure that transaction information regarding pharmacist-authorized supply of dimenhydrinate is retained for 2 years from the date of entry.

2) Patient Counselling

The pharmacist shall counsel the patient prior to each sale of dimenhydrinate. The counseling shall include a warning concerning the overuse of dimenhydrinate and the potential adverse effects.

3) Supply

Only a pharmacist shall authorize the supply of dimenhydrinate. The supply of such a product cannot be delegated to a non-pharmacist. The pharmacist shall personally consult with the patient to determine the appropriateness of the request to self-medicate and then make the decision whether to sell the product. However, the actual purchase, where there is payment for the product, may be delegated to a non-pharmacist.