

GMHC'S Nutrition & Wellness Program

NAUSEA & VOMITING

SOME CAUSES OF NAUSEA & VOMITING

- Medications
- Presence of Infection
- Radiation or Chemotherapy Treatment

CONTACT YOUR DOCTOR IF:

- You have been vomiting for more than one day
- You think a new medicine is the problem
- You have projectile or bloody vomiting
- You are losing weight

GENERAL TIPS:

- If your medications cause nausea, try to take them when nausea will not affect your meals.
- Ask your doctor about medications to control nausea and vomiting.
- Before you go to bed, munch on a few crackers and stay in bed, propped up on a few pillows.

EATING TIPS:

- Try eating small amounts of food often throughout the day. Eating even a small amount of food may actually help settle your stomach.
- Avoid skipping meals. It is important to eat and stay nourished. When you feel better, a high calorie, high protein supplement shake may help you replenish nutrients lost through vomiting. Ask your physician or dietitian if a supplement shake may be appropriate for you.
- Try to avoid eating your favorite foods when you are nauseated. This could cause you to be "turned off" by them later.
- Remember to chew foods slowly and thoroughly.
- Avoid lying down for at least 2 hours after eating. If you wish to rest, sit down. If you must lay down after eating, prop your head up at least 4 inches higher than your feet.
- Drink liquids 30-60 minutes before or after your meals. Avoid drinking liquids with your meals.

- Avoid fried, greasy, fatty, rich foods, or foods with a strong odor. Low fat foods may be easier for your stomach to handle. Use only a small amount of margarine, butter, cream, or oil in your food.
- Try dry foods such as toast, crackers, dry cereals, or pretzels before meals when you feel nauseous.
- Try clear liquids: water, tea, Ginger ale, Gatorade, jello, ices, broth, diluted grape or cranberry juice.
- Plain, simple foods may be easier to digest. Bland, soft foods may be better tolerated if you have thrush (an infection in the mouth).
- Ginger may help settle the stomach; it is recommended that the dose not exceed 1 teaspoon/day. Try making a tea out of it.

Ginger Tea Recipe:

2 cups water

¼ inch of ginger root

honey or sugar

1. Boil water with ¼ inch of ginger root.
2. Let it set for 10 minutes.
3. Remove ginger root and add honey or sugar to taste.

Munch your way through this list of snacks:

- dry crackers, vanilla wafers, pretzels, or graham crackers
- cream of wheat, grits, or dry cereal
- diluted glass of juice
- bread or toast or a roll
- tuna, boiled chicken, baked fish, or boiled egg
- potato (baked or mashed) or rice
- well-cooked carrots or green beans
- Ginger ale, ginger tea, or Gatorade
- Jello, yogurt, canned fruit, sherbet, or fruit ices

(revised 12/09. h:\docs\nutrit/research/nausea)

FOOD CHOICE SUGGESTIONS: