



Tips For Those Experiencing Nausea/Vomiting

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Nausea

Avoid:

- Large meals
- Your favorite foods while nauseous
- Hot foods
- Fatty, fried, spicy, and super sweet foods
- Caffeine
- Carbonated beverages
- Alcohol
- Strong Odors



Try:

- Small, frequent meals
- Cold or room temperature foods
- Dry, starchy, or salty foods
 - Crackers, pretzels, potatoes, toast
- Ginger
 - Ginger tea, ginger ale, or ginger candies
- Lemon drops, mints, root beer barrels
- Sipping on clear liquids
 - Water, broth, ginger ale, apple juice, Gatorade
- Drinking liquids in between meals, instead of at meals
- Popsicles or Jell-O
- Eating meals after taking your antinausea medications



Vomiting

Vomiting can lead to dehydration, so it is important to drink plenty of fluids to prevent this. Aim for at least 8 cups of fluid per day and an additional $\frac{1}{2}$ to 1 cup of fluid for each episode of vomiting. Follow the steps below for reintroducing fluids and solid foods after vomiting. Remember to take things slow to allow your stomach to recover!



Vomiting

After vomiting stops:

- 1 Suck on 1 ice cube every 10 minutes. If you tolerate that, then increase to 3 ice cubes every 20 minutes
- 2 Once vomiting has stopped for 1 hour: sip on a rehydration drink such as Pedialyte, Rehydralyte, Oral Rehydration Solution (ORS), or Gatorade
 - Other fluids that you can see through are okay too: water, broth, apple juice, grape juice, and gelatin like Jell-O
 - Juice diluted with water may be better tolerated
 - Avoid citrus juices: grapefruit, lemon, lime, and orange juice
 - These can irritate your stomach
 - Sip slowly. Only drink 1-2 tsp every 2-3 minutes to start. Then gradually increase the volume and frequency as tolerated
- 3 Once you have gone at least 8 hours without vomiting: progress to solid food
 - Introduce foods one at a time and monitor symptoms
 - Start with bland foods that are low in fat, fiber, and odor: Bananas, rice, applesauce, toast, crackers, pretzels, potatoes
 - Then slowly introduce low-fat meats like baked chicken or turkey
 - If tolerated well, then slowly reintroduce fruits and vegetables, and lastly fats



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