



NAUSEA

Do you have nausea and/or vomiting? These suggestions may be beneficial.

- 1) Eat small frequent meals
- 2) Try these foods. These work for some, but it is a matter of individual tolerances.
 - **carbonated beverages ginger ale, sprite or 7-Up**
 - **juices – apple, pineapple, nectars**
 - **fruit ices, popsicles, custard, ice cream, sherbert**
 - **ensure shake (4 oz. ensure and 2 oz of ice cream)**
 - **cottage cheese**
 - **cold sliced turkey, lean ham or chicken** (white meat if possible)
 - **chilled canned fruit or fresh fruit** (applesauce, pineapple)
 - **molded fruit salad**
 - **fat free scrambled egg**
 - **toast**
 - **soup with crackers - vegetable, tomato, chicken noodle**
 - **mashed potatoes**
 - **sour candies**
 - **drinking lemonade and eating potato chips together**
 - **ginger products ginger tea, ginger ale, ginger snaps**
- 3) Avoid rich, fried, strong smelling and gas forming goods, This is also a matter of individual tolerances. Gas forming foods are: cabbage, broccoli, brussel sprouts, cauliflower, onions, and legumes
- 4) Crackers or dry toast may cub nausea especially after periods of rest or sleep
- 5) Drink fluids (including soup) separate from meals
- 6) Relax and chew foods slowly
- 7) Rest after meals with head elevated
- 8) Avoid favorite foods during nausea
- 9) Try fresh air and loose clothing
- 10) Seabands that are used when going on a cruise (available in most drug stores) follow directions on the package
- 11) Get plenty of rest. Often just being over-tired will increase nausea

IF NAUSEA PERSISTS OR YOU ARE VOMITING MORE THAN WHAT YOU ARE KEEPING DOWN, CONTACT THE OFFICE.