

Nausea

If you are experiencing nausea, you may want to follow these recommendations. When trying them, remember these are general suggestions and that, as individuals, what works well for one person may not necessarily work well for another person. As always, remember to keep your physician aware of any changes in your appetite in order to receive appropriate treatment.

Try

- Eating small meals frequently
- Have someone else prepare the meals
- Chewing thoroughly and slowly
- Sipping cool, clear liquids between meals
- Resting after meals with head elevated
- Foods cold or at room temperature (such as ice cream, frozen yogurt, sherbet, gelatin, pudding or custard, cottage cheese, fruit, ice pops, juice, cold cereal or sandwiches)
- Low fat foods
- Dry or salty foods (such as saltine crackers, dry white toast or pretzels, graham crackers)
- Fresh air and loose clothing
- Sniffing grated lemon peel and drinking water with lemon
- Drinking carbonated beverages (ginger ale or lemon-lime soda)
- Ginger sources—sliced ginger in a cup of hot water, candied ginger, marinated ginger, ginger capsules, ginger tea or other drinks

Avoid

- Unpleasant odors
- Favorite foods during nausea (it is possible you may develop an aversion to your favorite foods)
- Hot, spicy, strong-smelling or fried, greasy foods
- Caffeine and alcohol
- Sweet foods such as candy, sweetened cereals or soda
- High-fat foods such as fast foods, snacks, gravies, sauces, etc.

Maintaining your food and fluid intake is critical for your health. Maximize on the times when you are feeling good by drinking lots of fluids and eating healthy foods in order to make up for the times when you are not feeling your best.

There are also antinausea (anti-emetic) medications available that you can speak to your doctor about if the nausea is just not getting better. Anti-emetic medications can often reduce or eliminate the nausea.