

## Nausea/Vomiting

Nausea is the feeling of an upset stomach that causes the urge to vomit. Good control of nausea can prevent vomiting.

### Things to do to try and prevent nausea

- Take medicines for nausea as prescribed by your healthcare team
- Eat a light meal before and after treatment
- Keep track of when and how often the nausea happens
- Have family members cook for you and keep windows open to avoid strong smells
- Wear loose-fitting clothing
- Apply a cold, moist wash cloth to the back of your neck
- Notify your health care provider if nausea persists

### Tips for eating and drinking when you have nausea

- Avoid your favorite foods during times of nausea
- Drink small amounts of clear liquids; if tolerated well, then progress diet to bland foods, and then back to a regular diet
- Eat small amounts throughout the day, rather than three large meals
- Sit upright while eating slowly
- Limit liquids before, during, and after meals
- Drink sips of liquid throughout the day
- Drink cool or chilled beverages
- Freeze your favorite beverage in an ice cube tray and suck on the cube; try popsicles or gelatin
- Eat foods at room temperature
- After eating, avoid laying flat for two hours; being upright helps with digestion
- Try dry toast or crackers, especially after awakening in the morning
- Always chew food thoroughly
- Chew on gum and peppermint candies
- Use relaxation exercises prior to eating; contact the social work department for further instruction

### Things to Avoid

- Eating when nauseated
- Foods with a strong odor
- Acidic foods (citrus juice, tomatoes)
- Beverages that are carbonated or contain caffeine
- Alcoholic beverages
- Fatty, greasy, or fried foods
- Very sweet foods (candy, cookies, cake)
- Spicy foods
- Hot foods (in temperature)
- Forcing yourself to eat
- Eating in a stuffy, warm room, or one that has cooking odors

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**