

Helpful Hints for Nausea and Vomiting

Eat small, frequent meals instead of three large meals.

- Eat your meals slowly.
- Avoid eating in a room that is stuffy, too warm or has cooking odors or smells that might disagree with you.
- Drink little to no fluids with your meals. It is best to drink liquids after you have finished eating.
- Drink chilled beverages. Try freezing your favorite beverages in ice cube trays so that you may allow them to melt in your mouth.
- Eating hot, spicy foods may add to your nausea.
- Rest following meals, as activity may slow digestion.
- Try eating dry toast or crackers for early morning nausea. Do this prior to getting out of bed.
- Avoid foods with strong or unpleasant odors.
- Avoid raw vegetables and other gas-forming foods.
- Try to keep track of when your nausea occurs and what causes it. If possible, make appropriate changes in your diet or schedule accordingly.

Once you have controlled vomiting, try small amounts of clear liquids. When you are able to keep down clear liquids (gingerale, fruit juices, etc.), then try a full liquid diet (cream-based soups, ice cream, mash potatoes, etc.). If you tolerate a full liquid diet, then gradually reintroduce solid foods.