

# How to Manage Nausea and Vomiting

Nausea is the feeling of being queasy or sick to your stomach. It may happen with or without vomiting. Nausea may be caused by your anesthesia or may be a side effect of medication. 30% of patients may still experience symptoms that can last up to 48 hours after surgery.

## Treatment Options

The best treatment for nausea or vomiting will depend on what is causing the problem.

- If you have nausea due to anesthesia, you may need to take prescription anti-nausea medication on a certain schedule to control your symptoms and better tolerate meals and specific foods.
- If your nausea is a side effect of medications or supplements, you may feel better when you take it with food instead of on an empty stomach, or when you make other changes to your eating or medication plan.
- If one anti-nausea treatment does not work for you, another one might. Your health care team can help you find a treatment that makes you feel better.

**CAUTION: Seek immediate medical care if you cannot take care of yourself, cannot stop vomiting, see blood in your vomit or cannot keep liquids down.**

## Tips for Managing Nausea and Vomiting

- Having food in your stomach will help lessen stomach irritations. Eat before taking medication!
- Eat small meals throughout the day instead of 3 large meals and stay hydrated.
- Try eating dry, starchy, salty, or bland foods. Avoid fatty, greasy, or spicy foods.
- Suck on hard, tart candies (like sugar-free lemon drops) to relieve nausea and freshen your mouth. Try ginger candies or ginger root tea, which may help to decrease nausea.

## Food Choices for Periods of Nausea and Vomiting

Use the list below to choose foods for times when you have nausea and vomiting. This is only a guide.

FOODS	LIQUIDS
Dry toast	Clear, high-calorie, high-protein nutritional drinks
Saltine or soda crackers	Apple, cranberry or grape juice
White rice, potatoes, noodles	Ginger ale
Pretzels	Non-carbonated drinks, such as fruit punch or sports drinks
Bread	Ginger tea or chamomile tea
Bananas	Ice pops, popsicles, or sherbert
Applesauce	Bouillon or broth