GMHC’S Nutrition & Wellness Program

NAUSEA & VOMITING

SOME CAUSES OF NAUSEA & VOMITING
• Medications
• Presence of Infection
• Radiation or Chemotherapy Treatment

CONTACT YOUR DOCTOR IF:
• You have been vomiting for more than one day
• You think a new medicine is the problem
• You have projectile or bloody vomiting
• You are losing weight

GENERAL TIPS:
• If your medications cause nausea, try to take them when nausea will not affect your meals.
• Ask your doctor about medications to control nausea and vomiting.
• Before you go to bed, munch on a few crackers and stay in bed, propped up on a few pillows.

EATING TIPS:
• Try eating small amounts of food often throughout the day. Eating even a small amount of food may actually help settle your stomach.
• Avoid skipping meals. It is important to eat and stay nourished. When you feel better, a high calorie, high protein supplement shake may help you replenish nutrients lost through vomiting.
• Try dry foods such as toast, crackers, dry cereals, or pretzels before meals when you feel nauseous.
• Ginger may help settle the stomach; it is recommended that the dose not exceed 1 teaspoon/day. Try making a tea out of it. Ginger Tea Recipe:
  1. Boil water with ¼ inch of ginger root.
  2. Let it set for 10 minutes.
  3. Remove ginger root and add honey or sugar to taste.

FOOD CHOICE SUGGESTIONS:
• Avoid fried, greasy, fatty, rich foods, or foods with a strong odor. Low fat foods may be easier for your stomach to handle.
• Try dry foods such as toast, crackers, dry cereals, or pretzels before meals when you feel nauseous.
• Try clear liquids: water, tea, Ginger ale, Gatorade, jello, ices, broth, dilute grape or cranberry juice.
• Plain, simple foods may be easier to digest. Bland, soft foods may be better tolerated if you have thrush (an infection in the mouth).

Munch your way through this list of snacks:
• dry crackers, vanilla wafers, pretzels, or graham crackers
• cream of wheat, grits, or dry cereal
• diluted glass of juice
• bread or toast or a roll
• tuna, boiled chicken, baked fish, or boiled egg
• potato (baked or mashed) or rice
• well-cooked carrots or green beans
• Ginger ale, ginger tea, or Gatorade
• Jello, yogurt, canned fruit, sherbet, or fruit ices

(revised 12/09. h:\docs\nutrit\research\nausea)