

TIPS FOR NAUSEA & VOMITING

These tips can help manage nausea and vomiting. Continue taking medications prescribed by your physician, including medications that help control nausea.

Tips:

- Avoid strong smelling foods that could upset your stomach
- Resume eating solid foods after 8 hours without vomiting
- Suck on ice chips and drink clear liquids after vomiting
- Eat dry, starchy, and salty foods
- Eat small meals more frequently
- Try to relax – this helps your muscles to release tension and control feelings of nausea



What to try:

- Soft foods – bananas, applesauce, juices
- Lean protein – baked chicken, yogurt, and eggs
- Salty foods – clear broths, pretzels, and saltine crackers
- Starchy foods – potatoes, white rice, and white bread



What to avoid:

- High fat foods – fried meat, cheese
- High fiber foods – raw vegetables, whole grains
- Foods with a strong odor
- Foods that induce gas – beans, Brussels sprouts, and dairy products if lactose intolerant