

Managing Nausea and Vomiting

Nausea and vomiting can happen for many reasons. When dealing with nausea and vomiting, eat what appeals to you and what you can tolerate. Get back to a healthy eating pattern once you feel better.

Tips to help with nausea

- Eat small meals and snacks often throughout the day instead of eating large amounts of food at one time. An empty stomach can make nausea worse.
- Eat slowly to keep from filling your stomach too quickly.
- Eat plain foods. Foods that are spicy, high in fat, or overly sweet can make nausea worse.
- Do not drink alcohol.
- Try to drink fluids at least 30–60 minutes before or after meals instead of with the meal.
- Wear loose fitting clothing.
- Get lots of rest. Try not to lie down for at least one hour after eating, unless your head is raised.
- Rinsing your mouth with water or mouthwash can help control unpleasant mouth taste that can make nausea worse.
- Some complementary treatments such as ginger, acupuncture, and acupressure may help reduce nausea. Talk with your healthcare provider before trying these treatments.

Avoid smells that bother you

- If possible, have someone else cook.
- Go outside, open a window, or use a fan to get fresh air before or during meals.
- Choose cold or room temperature foods and drinks. Try drinking with a straw if the smell is too strong.

Tips to help with vomiting

- Don't eat solid foods if you are vomiting. Avoid drinking fluids for at least 30 minutes after vomiting, then start with small amounts of water or clear fluids every 10–30 minutes. This also helps to replace the fluid you have lost. Aim for 9–12 cups (2.25–3 L) of fluid every day, or as much as you can tolerate.
- Clear fluids include:
 - water
 - broth
 - flavoured gelatin
 - popsicles
 - regular or diluted fruit juice or sports drinks (not caffeinated energy drinks)
 - soft drinks that are no longer fizzy
 - tea
- Once you can drink fluids without vomiting, try small amounts of bland foods such as:
 - canned or cooked fruit
 - crackers
 - graham wafers
 - hot cereal like plain oatmeal
 - mashed potatoes
 - pretzels
 - white bread, toasted
 - white rice and pasta
- Return to eating a variety of foods as soon as possible.



When to talk to your doctor

- If you have been vomiting for more than 24–48 hours.
- If you are vomiting and have a fever.
- If you have pain, bloating or a swollen stomach, and you don't feel better after vomiting.
- If these tips don't help manage your nausea and vomiting.