Practical Tips to Help Manage Nausea

Medications

- Medications are the most helpful way to manage acute or severe nausea. **Take your anti-nausea medications exactly as prescribed by your doctor.**
- If you are unsure how to take your medication or it is not helping to manage your nausea, speak with your pharmacist or physician.
- If you have cramping or diarrhea with the nausea, consult with your physician.

Food choices can help to lessen the nausea but may not make it totally go away.

Liquids
You should try and drink at least 1 ½ -2 litres (6-8 cups) of liquids a day to keep hydrated.

<table>
<thead>
<tr>
<th>Level of nausea</th>
<th>What to do</th>
<th>Foods and liquids to try</th>
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<tbody>
<tr>
<td>Constant nausea</td>
<td>Take your anti-nausea medication regularly</td>
<td>Ice-chips, water, Gatorade, gingerale, variety of teas, Jello, popsicles, lemon/limeade, broth, diluted fruit juices</td>
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<td>Start with slow sips of clear liquids throughout the day</td>
<td>Cracker, dry cereal, dry toast, rice cakes</td>
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<td>Nibble on dry starchy foods</td>
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<tr>
<td>As your nausea settles</td>
<td>Try other more nourishing fluids</td>
<td>Milk, yogurt, pudding, frozen yogurt or sherbet, custard</td>
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<tr>
<td>Mild nausea</td>
<td>Eat small amounts of light foods every 2 hours.</td>
<td>Watermelon, canned fruits, fruit smoothie, light milkshake, Reintroduce foods back into your diet.</td>
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<td>Avoid strong smelling foods</td>
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Eating Tips

- Nibble on dry cereal or crackers before getting out of bed.
- Do mouth rinses with baking soda and water often through the day (1/4 teaspoon baking soda in 1 cup of water). Do this before and after meals and snacks.
- Nibble on crystallized ginger or sip on ginger tea.
- Carbonated drinks may be better tolerated if they go flat.
- Drink liquids 30 minutes before or after meals/snacks.
- Try cold or room temperature foods. Strong smells from cooked foods may worsen the nausea.
- Avoid overly spicy or deep-fried foods.
- Keep a journal to track your nausea for triggers or patterns.
- Take advantage of the days when nausea is better and eat as much as you can.
- Eat in a quiet relaxing environment (ie: dim lighting, limit sounds).
- Get some fresh air - avoid eating in a stuffy or warm room.
- Limit cooking or being in the kitchen. Ask for help to prepare meals or inquire about meal delivery.

Additional ideas:

- Take your time with activities and do not feel rushed (ie: getting out of bed, going to appointments).
- Wear loose clothing.
- Place a cold cloth on your face.
- Inquire about relaxation techniques with our Patient and Family Counseling services.

Other Nutritional Problems?

If you have other problems with eating such as a lack of appetite, weight loss, sore mouth or throat, difficulty chewing or taste changes, call to speak with your dietitian for more information.

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