

**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.

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

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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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