Tips to Manage Nausea & Vomiting

Nausea and vomiting may occur separately or together.

Helpful tips

- Eat small frequent meals.
- Eat slowly and chew well.
- Sip liquids between meals.
- Eat ginger containing foods or ginger lollipops/tea 0.5-2.5 grams over 24 hours.
- Avoid fried, fatty or spicy foods.
- Cold foods may be better tolerated.
- Eat bland foods: unsalted crackers, noodles, applesauce.
- Try soups, broths, jello, or protein drink.
- Get fresh air.
- Stay upright after meals.
- Take medication for stomach problems as prescribed
- Wear loose clothing.

Some common causes of nausea and vomiting include

- Infection
- Medications- ask healthcare provider about potential side effects of your current medications.
- Food-borne illness
- High/low blood pressure
- Gastroparesis (slow digestion)
- Uremia (waste products in blood)

Medical attention may be needed, consult physician if nausea and vomiting are accompanied by:

- Blurred vision
- Chest Pain
- Confusion
- High fever
- Rectal bleeding
- Severe abdominal pain or cramping
- Vomit with blood
- Unable to keep food down for more than three days

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CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT