

Nausea and Vomiting

What is it?

- **Nausea**- unpleasant feeling in the abdomen- pregnancy, seasick, carsick, motion sickness, chemotherapy drugs, morphine
- **Vomiting**- forceful explosion of stomach contents through the mouth
 - **Elimination**- of harmful substances
 - **Caused by**- swallowing/eating a harmful substance or spoiled food
 - **Feeling**- of relief follows



Signs and Symptoms:

- **Malnutrition**- can't get in enough food and nutrients
- **Dehydration**- deficiency of body water, output greater than input, causes sodium in bloodstream to rise, loose sodium and potassium and need to add back- potato chips, oranges, salted crackers, banana

Suggestions:

- **Add**- Ice Chips, Toast, Crackers, Pretzels, Boiled Potatoes, Rice, Noodles, Sherbet, Plain Yogurt, Oatmeal, Cream of Wheat, Angel Food Cake, Ice Cream Broiled, Boiled, Baked, Roasted, or Stewed Chicken without Skin
- **Avoid**- Fried Foods, Grease, Fat, Candy, Cookies, Cake, Hot/Spicy Foods, Foods with a strong Odor, eating in a room with odors, too warm, stuffy



What can I do?

- **See your Health Care Provider**- medicine to control N/V- antiemetic
- **See Registered Dietitian**- for help as needed
 - **See FFF RD**- on line for help-See CLD and FLD
 - **See Clear Liquid Diet (CLD)**- sip slowly, after tolerated
 - **Advance**- to Full Liquid Diet
 - **Eat**- small amounts, slow, often
 - **Drink**- Cool or Frozen Fluids between Meals, use a straw
- **Wear**- loose fitting clothes, stay cool, rest after meals sitting up for 1 hour

