

# 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 a Registered Dietitian or a FFF RD on line**- for help as needed
  - **Diets**- see Clear Liquid and Full Liquid Diets, 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

