



Nausea and vomiting.

Nausea and vomiting can be common side effects of an illness, medical treatment, or medication. Here are some tips to help you manage nausea and vomiting.

When to eat and drink

- Eat small, regular meals spread over the day. An empty stomach can make nausea worse.
- If you feel better at certain times of the day, make the most of eating at those times.
- Try drinking fluids 30 to 60 minutes before or after eating.
- If you are unable to eat food, try sipping on nourishing fluids instead. See the 'High energy high protein drinks' factsheet for ideas.

Before you eat

- Rinse your mouth with water.
- Begin eating slowly.
- Try to relax. Sit down with others if possible or listen to some music.
- If you have been prescribed anti-nausea medication, remember to take it before your meal or as directed by your GP.
- If possible, avoid smelling foods while they are being cooked. Ask family or friends to help with meals. Or keep frozen meals for times when you are unable to cook.

What to eat and drink

- Cold foods that don't have a strong smell. For example, sandwiches, custard, or yoghurt.
- Small amounts of salty foods. For example, dry biscuits with hard cheese or soups.
- Plain starchy foods. For example, toast, boiled rice, or noodles.
- Some people find that ginger helps with nausea. Try sipping ginger tea or flat ginger ale.
- Limit fatty, spicy or very sweet foods. These can make nausea and reflux worse.





After you eat

- Rest after eating.
- Avoid lying flat for at least one hour after your meal or snack.
- Use pillows to keep your head and shoulders raised if you need to lie down.

Vomiting

- Make sure you drink plenty of fluids if you have been vomiting.
- Drink fluids slowly. Have small sips often.
- Try ice chips or icy poles if you are having trouble keeping fluids down.
- Try sipping on lemonade, cordial, soda water or ginger ale.
- Try electrolyte drink such as Hydrolyte® or Gastrolyte™.
- When vomiting settles, start by eating bland foods such as dry salty biscuits or dry toast.
- Talk to your GP if your nausea or vomiting doesn't settle down within a couple of days.

Healthy Ageing Tasmania

 health.tas.gov.au/healthyageing

 community.nutrition@health.tas.gov.au

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Visit the Department of Health website (www.health.gov.au) for more information.

