

A Guide for Patients and Families

Tips on Managing Nausea and Vomiting

Overview

Nausea is an unpleasant feeling at the back of the throat or stomach that may or may not end in vomiting where the contents of the stomach are rejected through the mouth and/ or nose.

Care and Management:



Take small but frequent meals throughout the day.

Suck lemon or mint flavoured sweets and ice cubes, or frozen cubes made of cordial or fruit juices.





Drink lemon, peppermint or ginger tea.

Dry, plain or bland food may be better tolerated.



Avoid food that have strong taste or smell.

Avoid food that are fried, oily or sweet.



Ensure good ventilation around your room.

Loosen clothes around the stomach and remove belts.



Avoid food, smell, activities or places that make you nauseous or feel like vomiting.



If you do vomit, let your stomach rest for a while before attempting to eat or drink again. Then, start with small sips of water or other clear fluid.

If you can tolerate small amount of fluid, you can slowly increase the amount of drinks or food.



If your doctor has prescribed medicine for nausea or vomiting, take the medicine regularly to prevent the symptoms. Seek medical treatment if your condition does not improve.