



## Eating Hints for Nausea and Vomiting



### Questions to ask

Why is this happening now?  
A new infection?  
A new medicine?  
Something new I'm eating?

### Call your doctor or nurse

If vomiting for more than one day  
If you think a new medicine is the problem  
If you are losing weight

### Helpful medicines to ask your doctor about:

Compazine (prochlorperazine)  
Tigan (trimethobenzamide HCl)  
Marinol (dronabinol)  
Phenergan (promethazine hydrochloride and codeine phosphate)  
Torecan (thiethylperazine maleate)  
Scopolamine (*available without a prescription*)  
Atican (lorazepam)  
Zofran (ondansetron HCl)

Some people just feel the nausea in the morning and it goes away through the day. They plan their food around the discomfort.

**Eating a little something may actually settle your stomach. At least, having some food may not make it any worse, so eat to stay nourished.**

Before you get out of bed, munch a few dry crackers and stay in bed, propped up on a few pillows. Lying down flat is not good.



## Eating Hints for Nausea and Vomiting (cont.)



Do not worry about eating whole meals; just try to have a substantial snack every few hours. Between snacks, just sip juices or sodas.

General Ideas
Eat foods that are well cooked (not raw) and easy to digest. Canned fruits and vegetables are good, even baby foods.
Have potatoes, rice, tuna, boiled eggs, toast.
Do not have large glasses of fluid with meals.
Drink fluids ½ hour or solid foods.
Avoid fatty foods like cheeses, nuts, fried foods, pastries, and ice cream.
Ginger can settle the stomach. Sprinkle some extra ginger in (flat) ginger ale or snack on ginger root.
Try ginger tea; camomile or mint tea may also help.

### Munch Your Way All Day Through This List of Snacks

- 4 to 8 dry crackers
- Bowl of Cream of Wheat or grits (add sugar or honey and a little milk or butter)
- Diluted glass of juice or supplement, like Sustacal, NuBasics, or Resource
- ½ cup tuna, chicken, or cooked egg
- 1 or 2 slices of bread or toast or a roll
- Crackers or vanilla wafers or dry cereal
- Diluted glass of juice or supplement like Resource Fruit Beverage (formerly Citrisource), or Advera, or Boost
- ½ cup boiled chicken or baked fish
- ½ cup potato or rice
- ½ cup well-cooked carrots or green beans
- Pretzels or crackers or cookies
- Juice or soda
- Dish of Jell-O