

Patient information

Coping with Nausea and Sickness

Nutrition and Dietetics Department - Therapies

Nausea (feeling sick) and vomiting can occur as a result of your illness, medication and/or infection.

These are usually temporary symptoms but if they persist without improvement your nutritional status could be at risk.

It is important to try and improve your energy and protein intake as best as you can in order to prevent any nutritional deficiencies.

Always let your medical team know if you feel nauseous or are sick and report any medications you are taking.

A range of anti-sickness medications are available; speaking with your Doctor can determine which ones may be the most appropriate.

This diet sheet will provide you with suggestions on what types of foods may be more suitable when you have nausea or are vomiting.

Some of these recommendations may not be suitable if you have diabetes. Ask to see a dietitian if you require more advice.

Here are a few suggestions:

- Eat slowly and chew your food thoroughly.
- Avoid drinking fluids with your meal.
- Avoid having a drink for at least half an hour after finishing your food.
- Maintain good oral and dental hygiene.
- Eat in a well-ventilated, comfortable environment.
- If at all possible, avoid cooking odours and let someone else cook for you.

Things to try:

- ✓ Cold foods and drinks have reduced aromas and may be more appealing. They may be quick and simple to prepare but can be just as nutritious.
- ✓ Sipping cool drinks through a straw.
- ✓ Try salty (e.g., crisps, crackers, peanuts) or tart foods (e.g., lemons, grapefruit).

- ✓ Before getting out of bed in the morning, try nibbling on a dry biscuit or dry toast.
- ✓ Ginger flavoured drinks and foods (e.g., ginger biscuits) may be beneficial.
- ✓ Fruit sorbets, ice cream and jelly may be refreshing.
- ✓ Sipping a fizzy drink may be helpful.
- ✓ Peppermints and peppermint tea may be soothing.

Things to avoid:

- X Tight fitting clothes.
- X Spicy, rich, or fatty foods.
- X Lying down immediately after eating or getting up too quickly.

If you are not eating:

- Nourishing supplement drinks may be available on prescription. Ask a dietitian about these drinks.

If you are being sick:

It is important to maintain your calorie and fluid consumption as much as possible. Drink plenty of fluids throughout the day by taking regular sips.

Try to have drinks that contain calories rather than plain water. Here are some suggestions:

- Fizzy drinks (e.g., lemonade, cola, bitter lemon, tonic water).
- Still drinks (e.g., squashes, cordials, barley water, dilute juices).
- Fruit juices (e.g., apple, orange, pineapple, tomato and grape) with added lemonade or soda water.

If you are in hospital:

- On request, additional snacks such as cheese and crackers, yogurts, and sweet biscuits are available. Speak with a member of staff for further information.
- If you don't feel like eating a large meal, consider a starter and a pudding instead with small snacks in between.
- Cold milk is available from the drinks trolley. This is more nutritious than tea, coffee, water, or cordial.
- A bowl of cereal with milk can be a suitable option at any time during the day. Ask a member of staff whether these are available to you on the ward.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others.

Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

For Further information please contact.

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