

Managing nausea and vomiting

There are many non-drug ways to help manage nausea and vomiting.

Tips for eating and drinking

You can make changes to your eating and drinking habits to see what works for you. These tips may help you manage nausea and vomiting:

- Drink small amounts throughout the day.
- Drink cool or room-temperature beverages rather than cold or hot ones.
- Avoid alcohol and caffeine.
- Don't drink beverages with meals. Drink and eat at least 30 minutes apart.
- Eat small amounts several times during the day instead of 3 large meals.
- Don't let yourself get hungry. Hunger can make nausea worse.
- Eat bland, easy-to-digest foods that do not upset your stomach, such as plain crackers or toast, banana, apple sauce, rice.
- Don't eat foods that have strong smells.
- Don't eat foods that are spicy, fatty, sweet or salty.
- Have someone else prepare and cook food.
- Eat foods that have helped you with nausea in the past.
- Eat food cold or at room temperature to avoid smells.
- Don't wear clothes that are tight around the waist.
- Relax and eat slowly.
- Avoid lying down right after eating.