

HOW TO MANAGE NAUSEA AT HOME

It's important to eat enough to maintain a healthy weight and drink enough to stay hydrated. The tips on this card can help. Be sure to talk with your care team if you can't get your nausea or vomiting under control.



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Eat and drink enough to stay healthy

- Sip on water and fluids all day long.
- Snack on small meals throughout the day and before bed.
- Eat foods at room temperature or cold.
- Avoid fried, fatty, spicy, or very sweet foods, and anything with a strong smell.
- These foods may help:
 - Clear liquids like ginger ale, apple juice, broth, water, or Pedialyte
 - Popsicles, Jello, or sherbet
 - Hard candies with pleasing smells
 - Dry toast, crackers, or pretzels
 - Cream of Wheat cereal or oatmeal
 - Noodles, potatoes, or rice
 - Bananas, applesauce, or canned fruit



Try these activities

- Sit up for at least an hour after eating.
- Distract yourself with music, TV, or friends.
- Practice relaxation, meditation, or guided imagery.



Take your medications

- Take your anti-nausea medication as prescribed. Medications work differently so you may need several medications to find a solution.
- Manage constipation with a stool softener or mild laxative.

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