



## **PATIENT INFORMATION**

### **Nausea and vomiting**

You may be experiencing nausea and/or vomiting at the moment due to your illness or the treatment that you are having. Try some of the following ideas to help improve your food and fluid intake.

- Have small frequent meals and snacks. Food should be served as attractively as possible and on a small plate
- You may find it easier to avoid rich foods with lots of sauces. Also avoid greasy or fatty foods such as pastry foods or fried foods
- Try a lighter diet initially such as soups and desserts. Try and have plain bland foods such as bread, crackers, plain biscuits, plain biscuits, potatoes, rice and pasta. Salty foods such as Oxo®, Bovril® nuts or crisps may help
- Regular ‘nibbles’ of these dry or salty foods may help
- Eat food whilst sitting in an upright position in a relaxed atmosphere that is not too hot and stuffy
- Sip drinks through a straw. Fizzy drinks may be particularly helpful, such as lemonade, sparkling water and ginger ale. Do not drink for about an hour before and after eating
- Avoid cooking smells, therefore have colder foods or ‘ready to eat’ meals that can be heated up quite quickly (ensure that the cooking instructions are followed correctly)
- Enlist the help of family and friends to cook for you at this time
- Ginger (such as ginger biscuits or ginger ale) and sucking peppermints may help relieve nausea
- You will require medication to reduce your nausea and vomiting. Ask your doctor or nurse about this

**Given by .....** **Contact number .....**