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## MANAGING NAUSEA AND VOMITING

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### What is Nausea and Vomiting?

- Nausea is an unpleasant feeling that may occur in the back of the throat or stomach prior to vomiting
- Vomiting is the emptying of stomach contents

### What to Report to the Hospice/Palliative Care Team?

- Amount and frequency of nausea and vomiting
- Description of vomited fluid

### What can be done?

***The good news is that there is much you, your caregiver and the hospice/palliative care team can do for nausea and vomiting.*** The team will always try to discover the underlying cause and discuss treatments with your healthcare provider.

- Record what causes you to feel nauseated or to vomit and what decreases the nausea and/or vomiting
- Sip carbonated drinks that have gone flat
- Avoid acid juices (such as cranberry, grape, apple)
- Drink sports drinks (such as Gatorade<sup>®</sup>) – with children use Pedialyte<sup>®</sup>
- Provide small amounts of salty foods (such as crackers, chicken broth)
- Avoid fried foods, milk products or those with strong smells
- Provide frequent mouth care
- Provide foods as requested by patient in small frequent amounts as large meals may be overwhelming
- Avoid strong odors such as perfume and deodorizers
- Avoid eating immediately after vomiting
- Try sips of water or ice chips before eating again
- Maintain a comfortable room temperature
- Avoid constipation
- Use medications as ordered by healthcare provider
- Contact hospice/palliative care team if nausea/vomiting continues.