

Advice for Nausea

Feeling sick (nausea) often occurs as a result of your illness or as a side effect to your medication. It is important that you continue to try to eat. Keep meals small and frequent throughout the day. Initially try half of your normal portion. The following suggestions may help.

Feeling Sick

- Eat cold foods to avoid smells putting you off.
- Use convenience foods/ready meals that only need heating up.
- Ensure lids are on when cooking or try to casserole or bake in the oven to reduce smells
- Soups may be tolerated better from a beaker or lidded cup.
- If possible let someone else do the cooking.
- Try eating dry foods, such as toast or crackers.
- Try ginger biscuits.
- Sip a fizzy drink - lemonade, ginger ale or mineral water. Try sipping them slowly through a straw
- Avoid rich sauces, fatty or fried foods.
- Try frequent snacking and light foods rather than big meals.
- Try to eat at a table and remain in an upright position for at least 30 minutes after a meal.
- Take drinks in between meals, rather than with meals.
- A gentle short walk and some fresh air may help.

If you are sick

- Take frequent sips of fluids.
- Try cold, clear fluids such as squash or fruit juice and sip through a straw.
- Try to have drinks which contain calories rather than plain water.
- If your sickness persists consult with your doctor and anti-sickness medication may be used.

Returning to full eating

- When your sickness settles try more nourishing drinks e.g. Horlicks, milkshakes etc.
- Then start with small frequent snacks and gradually build back to your normal meals.

