



Date: _____

Client's Name: _____

Registered Dietitian's Name: _____

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Nausea & Vomiting

Nausea and vomiting can occur as a result of chemotherapy treatment, radiation treatment or surgery. It may also occur due to certain medications, poor pain control, anxiety and other reasons.

Some food and fluid choices may help relieve feelings of nausea and are easier to tolerate during times when you feel nauseous and/or vomit. If you have been prescribed an antiemetic (anti nausea) medication, take it 30-60 minutes before eating or as directed.

Nausea

- Continue to eat small frequent meals and snacks. Nausea is often worse when the stomach is empty. Small amounts of food are better tolerated than large meals.
- Eat every 2-3 hours during the day. Foods that may be well tolerated include starchy, bland or cool foods such as:
 - Crackers, plain cookies, melba toast, pretzels
 - Dry cereal, cream of wheat
 - Toast, sandwiches
 - Rice, plain noodles, potatoes
 - Fresh, frozen or canned fruits & vegetables
 - Lean meat - skinless, broiled or baked chicken
 - Soup, broth
 - Cottage cheese, yogurt
- Sip fluids throughout the day to help maintain hydration. Aim to drink at least eight (8) 250 mL cups of fluids daily to prevent dehydration.
 - Good choices are: water, unsweetened juices, herbal teas, low salt soups or broths, low fat milk products, sherbet, popsicles, electrolyte drinks (Gatorade®), nutritional supplements (Ensure®, Boost®, Carnation Breakfast Essentials ®)



- **AVOID** foods that are very spicy, overly sweet, high in fat or have a strong aroma, such as:

- Fried foods, gravy, rich creamy sauces
- Fatty fish, hard boiled eggs
- Bacon, sausages, fatty and or spicy luncheon meats (e.g., salami, pepperoni, bologna).
- Chili, BBQ chips, tacos
- Broccoli, brussel sprouts (especially cooked)
- Onion, garlic, strong spices
- Sour cream, cream cheese, cream
- Very sweet or rich desserts
- Acidic foods (e.g., citrus, tomatoes)
- Coffee, strong tea
- Alcohol



- Eat food at room temperature. Hot and cold foods consumed in the same meal may worsen feelings of sickness
- Eat dry crackers just before getting out of bed to help to settle your stomach if nauseous in the morning
- Avoid a heavy meal right after your treatment. Instead, slowly sip on fluids for the next couple of hours
- Don't eat your favourite foods when you think you might get nauseated
- Foods or beverages containing ginger or peppermint may help reduce feelings of sickness
- Take notes of when your nausea is worse and what could have caused it. Keep a list and if possible, change your diet and routine

If smells are bothersome...

- When drinking liquids, use a lid and a straw, a coffee thermos, or use a child's drinking cup
- Cold or room temperature foods may be better tolerated, as they have fewer aromas than hot foods. Try cottage cheese, yogurt, fruit, sandwiches, cool lean meats (e.g. chicken)
- Try to keep your home scent free. Keep the lids on pots while cooking. Open a window in the kitchen
- Ask family or friends to help prepare your meals or choose convenience foods.



Vomiting

- Follow the nausea tips
- Once vomiting is under control, try sipping on clear liquids slowly (e.g., water, broth, diluted juices, sports drinks, Jell-O®).
- When you are able to keep down clear liquids, try a full-liquid diet. This includes liquids that you cannot see through such as milk, cream soups, yogurt, refined cooked cereal. If you are sensitive to milk products (lactose intolerant), you may use almond milk or soy milk
- Once you are able to tolerate a full liquid diet, you may return to your regular diet



Environment

- Avoid eating in a room that is too warm or stuffy. Fresh air before or during a meal often helps.
- Eat slowly and chew your food well. This will help with digestion.
- Relax sitting up for at least 30-60 minutes following a meal. If lying down, keep head elevated at least 12 inches (30cm) above your feet.
- Do not do any physical activity immediately after eating. This will allow digestion to take place calmly.
- Loose clothing may be more comfortable at mealtimes.

Other Hints

- If you are taking a liquid nutritional supplement, try putting it in the freezer before you drink it. Leave it in there for an hour or two and remove to enjoy as a slushy.
- If you have a bad taste in your mouth, try to disguise it by sucking on a sugar free hard candy.
- Rinse with the baking soda and salt mouth rinse often (Recipe: ½ tsp baking soda, ½ tsp salt in 500mL water). Do not swallow this rinse. Discard after 24 hours.

If nausea and vomiting worsen or continue to be an ongoing problem, discuss with your doctor, nurse, or dietitian.