

MANAGING NAUSEA OR VOMITING

What is nausea and vomiting?

- The feeling like you want “to throw up”
- The feeling in the back of your throat or stomach causing mouth to water
- Vomiting is the forceful emptying of the stomach through the mouth

There are many causes of nausea and vomiting. Your illness, medications or other treatment can sometimes cause that sick feeling in your stomach. Your hospice team will talk with you about things that can be tried to help you.

What to report to your hospice nurse:

- The number of days you are feeling sick to your stomach
- If there is a certain time of day when you are feeling nausea or you are vomiting.
- The amount of fluid or food you are vomiting.
- Describe the vomited fluid as much as possible for your nurse
- If you experience any confusion or sleepiness

What can be done?

The good news is there are many things that can be done. Talk with your hospice nurse about the suggestions below.

- Keep a list of things that cause you to feel sick
- Make a list of things that help you feel less sick to your stomach
- Sip fluids that are no longer fizzy
- Drink sports drinks if unable to eat foods without feeling sick
- Try to eat small pieces of salty crackers or chicken broth
- Suck on ice chips or drink sips of water before trying to eat
- Provide mouth care often
- Keep your room at a comfortable temperature
- Open a window or use a fan to circulate air
- Try things that will help relax you such as meditation or massage
- Try activities that will distract you from your nausea feelings like listening to music
- You can also do some coloring, working puzzles, reading, or watching TV or movies

If you have any questions, please call us at 262-652-4400