

MANAGING NAUSEA AND/OR VOMITING

Nausea and vomiting are symptoms that can arise due to illnesses, medications or treatments and it can affect your appetite. If these symptoms persist, it can lead to weight loss, dehydration and malnutrition which may affect your ability to tolerate treatments.

Tips that may help with nausea or vomiting:



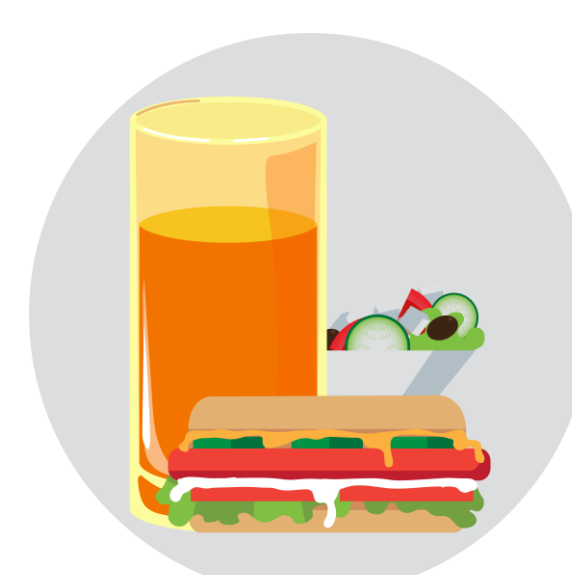
Have small and frequent meals. Light snacks can also help as an empty stomach can worsen nausea.



Eat upright and stay seated up for about an hour after eating.



Sip liquids (e.g. juices, barley water, soups, oral nutrition supplements, non-gassy isotonic drinks). Try drinking liquids one hour after meal times instead of during meals.



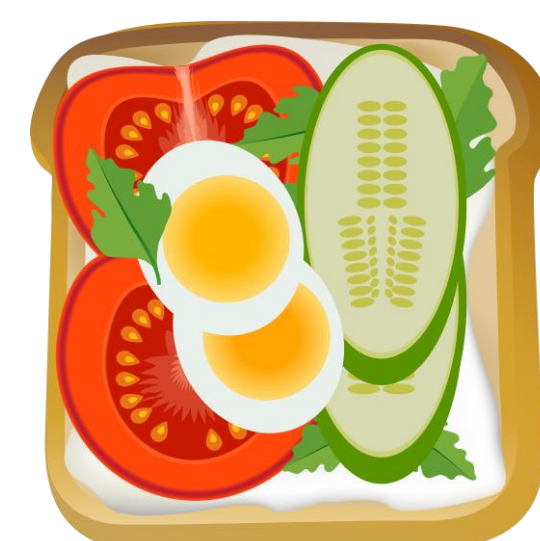
Cold foods or liquids may be better tolerated by your body. Wait for hot food to cool first to avoid any cooking smells that may make you feel nauseous.



Ask your doctor for medications that help with nausea and/or vomiting. Take these medications according to the prescribed dose and timings.

Foods that may help relieve nausea:

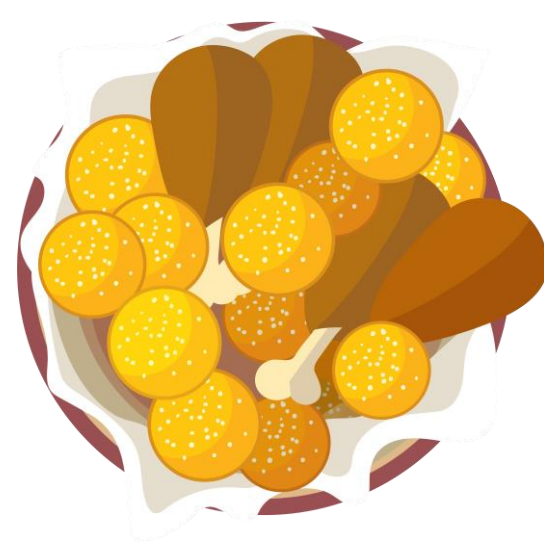
Dry or plain biscuits, toasts, cereal, preserved orange peels, lemonade, ginger tea/beer, ginger candies, peppermint tea, jelly and sour plums



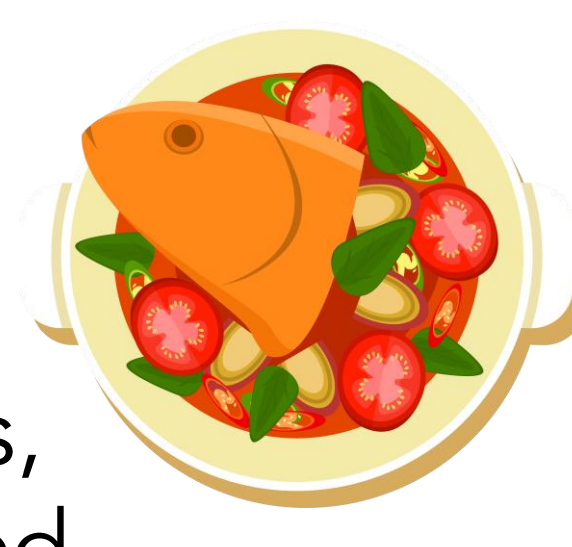
Foods that may trigger nausea/vomiting:



Spicy foods (e.g. spicy curries/gravies, chilli sambal, tom yum/spicy soup, chilli peppers)



Fatty, oily or fried foods (e.g. deep fried chicken, french fries, oily gravy, deep fried fritters such as vadai, pisang goreng)



Strong smelling foods (e.g. belacan, rempah/cooking pastes, fish sauce, gravies, curries, dried fish)



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