

Nausea/Vomiting



Visiting Nurse
Association

Meals on Wheels
Hospice & Palliative Care

What is nausea?

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

Possible Causes

- Disease process
- Medications
- Chemotherapy
- Pain
- Bowel obstruction
- Infections
- Cancers
- Ulcer

Management:

- Sip "flat" carbonated drinks
- Drink Pedialyte®, small sips of water, or ice chips
- Eat small amounts of salty foods (crackers and chicken broth)
- BRAT diet (bananas, rice, applesauce, toast)
- Avoid fried foods, milk products, juices, or foods with strong smells
- Small, frequent meals
- Provide frequent mouth care
- Avoid strong odors like perfume and deodorizers
- Maintain comfortable room temperature with air movement
- Massage, guided imagery, progressive muscle relaxation
- Use distractions, like music, TV, puzzles, etc.
- Avoid constipation

Treatment

- Antiemetics: _____
- Other: _____

What should I communicate to the hospice/palliative care team?

- Amount and frequency of nausea or vomiting
- Description of the vomited fluid
- Change in mental status: confusion, hallucination, excessive sleepiness
- If prescribed treatments/medications are not controlling symptoms.

If you need help with your symptoms, call VNA 24hrs a day:

214-689-0000