



## PATIENT / FAMILY TEACHING SHEET

### MANAGING NAUSEA AND VOMITING

#### What is Nausea and Vomiting?

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

#### What to Report to the Hospice/Palliative Care Team?

- Amount and frequency of nausea and vomiting
- Description of vomited fluid

#### What can be done?

***The good news is that there is much you, your caregiver and the hospice/palliative care team can do for nausea and vomiting.*** The team will always try to discover the underlying cause and discuss treatments with your healthcare provider.

- Record what causes you to feel nauseated or to vomit and what decreases the nausea and/or vomiting
- Sip carbonated drinks that have gone flat
- Avoid acid juices (such as cranberry, grape, apple)
- Drink sports drinks (such as Gatorade®) – with children use Pedialyte®
- Provide small amounts of salty foods (such as crackers, chicken broth)
  - Avoid fried foods, milk products or those with strong smells
  - Provide frequent mouth care
  - Provide foods as requested by patient in small frequent amounts as large meals may be overwhelming
  - Avoid strong odors such as perfume and deodorizers
  - Avoid eating immediately after vomiting
  - Try sips of water or ice chips before eating again

- Maintain a comfortable room temperature
- Avoid constipation
- Use medications as ordered by your healthcare provider
- Contact your hospice/palliative care team if nausea/vomiting continues

Other HPNA Patient / Family Teaching Sheets are available at [www.hpna.org](http://www.hpna.org).

**Reference: *Core Curriculum for the Generalist Hospice and Palliative Nurse*.  
Dubuque, IA: Kendall/Hunt Publishing Company; 2005.**

**Approved by the HPNA Education Committee August 2008.**