

A guide for patients about reducing nausea

There are many reasons for nausea. If it does not improve and you are unable to eat enough please speak to your doctor.

The following tips may help to reduce nausea:

- Try eating smaller meals with regular snacks, eating little and often through the day.
- Ginger biscuits, ginger tea and ginger ale may help nausea.
- Avoid cooking smells if possible. You may find you can manage cold food and drinks easier as they have less smell, for example, sandwiches, quiches, thick or creamy yoghurt and buffet food.
- Ready prepared meals can be helpful for you or others who prepare meals for you.
- Keep meals fairly dry and wait about half an hour after your meal before having a drink.
- Sip cool drinks through a straw between meals. You may find peppermint cordial or tea refreshing. Ice lollies or ice cubes can also be used to help clear your mouth.
- Avoid fried, greasy and very sweet foods, if they make your nausea worse.
- If you feel sick first thing in the morning, have some dry toast, crackers or biscuits before you get out of bed.
- A walk in the fresh air before meals and eating in a well ventilated room may increase your appetite.
- Avoid tight clothing or belts.
- Sit upright while eating and try not to lie down immediately after eating. Try taking a short walk after eating if possible.

If you are struggling to eat well or if you are losing weight, speak to your healthcare professional for further advice or ask for a referral to see a dietitian. If your symptoms are not improving speak to your doctor to discuss further treatment options.

Contact us

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Phone: 0300 123 1807, 8am to 5pm, Monday to Friday

Please say if you would like the team to call you back

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Address: Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ **Web:** www.kentcht.nhs.uk

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

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