



Strength  
at Your Side

## Nausea and Vomiting Training Sheet

### WHAT IS NAUSEA?

Nausea is queasiness of the stomach, with a sensation of the urge to vomit. Nausea is a very nonspecific symptom that can occur with a great number of conditions. Nausea may be accompanied by vomiting.

### WHAT ARE THE SYMPTOMS OF NAUSEA?

- Upset stomach
- The urge to vomit
- Other associated symptoms:
  - Abdominal cramping
  - Diarrhea
  - Constipation
  - Fever
  - Decreased appetite
  - Feeling clammy

### WHAT CAUSES NAUSEA AND VOMITING?

- Some medications such as narcotics or antibiotics
- Uncontrolled pain
- Anxiety
- Some infections
- Constipation or diarrhea
- Some foods
- Strong odors
- Damage to the stomach and intestinal lining from disease process or treatments for the disease

### WHAT CAN HELP PREVENT OR RELIEVE NAUSEA AND VOMITING?

The Unity team will work with you and your doctor to find the cause and treatment that works best for you.

#### Things you can do:

- Provide small, frequent meals
- Try bland foods such as:
  - Toast and crackers
  - Popsicles
  - Pretzels
  - Baked chicken without skin
  - Potatoes or rice
  - Ginger ale

#### Avoid spicy, greasy or fried foods, dairy products, citrus foods and foods containing caffeine

- Try foods at room temperature or cooler.
- Avoid strong odors such as perfume.
- Maintain a comfortable room temperature.
- Don't force eating.
- Rest after meals.
- Certain medications can be taken to relieve nausea symptoms. Your Unity nurse will talk to you about these medications.

**Contact Unity anytime you have questions or concerns about nausea and vomiting.**

Call Unity 24/7 at **920.338.1111** or **800.990.9249**

If there is no answer and the phone continues to ring, call **920-490-7418**.