



"Lighting the way with better patient care."

**Anova**  
HEALTH CARE SYSTEM

Home Health · Hospice · Palliative · Home Care

## HOSPICE PATIENT AND FAMILY EDUCATION AND TRAINING

### 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 and 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 drink (such as Gatorade or 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

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