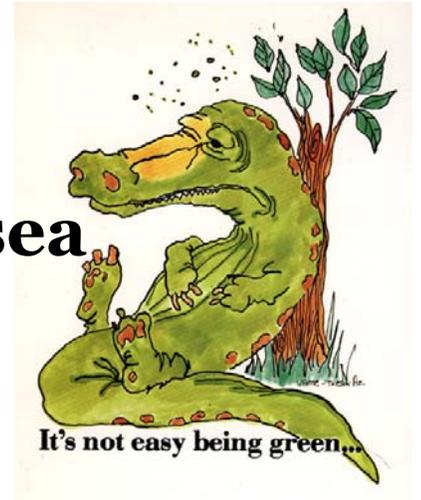
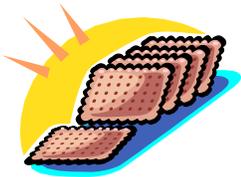


Tips for when you have nausea



Eat small, frequent meals to keep something in your stomach at all times.

Don't skip meals. Nausea occurs more easily on an empty stomach.



Keep crackers by your bedside to eat when you get up in the morning.

Avoid foods that are greasy or high in fat and avoid extremely sweet foods.

Sip liquids 30 to 60 minutes before or after meals rather than with a meal.

Eat slowly and chew foods well.

Rest after meals to aid digestion.



Fresh air and loose clothing may help prevent nausea.

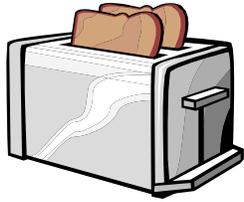
Cold foods may be more appealing if food odors are bothersome. Try sandwiches or cold plates of meat, cheese, fruit and crackers, **or** ask someone else to cook so you can stay out of the kitchen.



Foods high in carbohydrate (such as pasta, bread, cereals, pancakes) may be easier to tolerate. Don't overdo the butter and margarine as fats can make nausea worse.

If your mouth is not sore, try tart foods such as lemon or sour pickles to curb nausea.





When you feel nauseated, eating crackers or dry toast may help. Sipping clear, cool liquids may also help relieve that queasy feeling. Liquids that are well tolerated are apple juice, cranberry juice and gingerale.

If vomiting is severe, restrict diet to clear liquids only. Small sips every 10 to 15 minutes rather than drinking a glassful all at once may help relieve the problem. "Flat" cola is especially good.



If vomiting continues and is severe, call your doctor. Also, notify your doctor if vomiting is associated with abdominal pain.