

Nausea--Tips for Coping

- Eat small meals often and eat slowly
- Eat foods at room temperature or cooler; drink beverages that are cool or chilled
- Snack on dry foods (e.g., saltine crackers, toast) when you wake up
- Avoid foods that are fried, greasy, sweet, or spicy, or that have a strong odor
- Sit upright when eating and rest upright for at least one hour after meals
- Sip on clear liquids (e.g., water, broth, juice) frequently to prevent dehydration
- Avoid eating in a room that is too warm, or that has cooking odors
- Rinse your mouth with baking soda and salt dissolved in water before and after meals (1 quart water, $\frac{3}{4}$ teaspoon salt, and 1 teaspoon baking soda)
- If there is a bad taste in your mouth, suck on hard candy (e.g., peppermint)
- Avoid drinking a lot of liquids during mealtime – it may make you feel full and bloated
- Avoid stuffy environments and restrictive clothing
- Try natural supplements, such as ginger sweets and peppermint extract, especially good while traveling.