



Tricks to Help Reduce Nausea and Vomiting

- ❖ Control your pain. Don't skip your pain medication because you are feeling nauseated. Pain control can help decrease nausea and vomiting after surgery.
- ❖ Don't rush your diet. A slow return to normal foods is an ideal way to minimize nausea. Start with clear liquids and mild foods such as dry toast, clear soup, crackers, and cooked cereal.
- ❖ Drink plenty of fluid. Choose water and other caffeine-free clear liquids. "Flat" ginger ale can also be soothing.

