

Tips to Decrease Nausea & Vomiting after Surgery

Nausea (feeling sick to your stomach or queasy) and vomiting (throwing up) are relatively common after a surgical procedure.

Information and Tips for your diet:



- 1 Ask the person serving your tray to remove the tray cover and lids of hot items outside of your room to eliminate food odors.
- 2 Eat the room temperature or cool foods first.
- 3 Eat slowly - Take your time!
- 4 Eat small amounts of bland food frequently throughout the day.
- 5 Stop eating before you feel full.
- 6 Wait 30 minutes between eating solid food and drinking liquids.
- 7 Unless directed otherwise by the medical staff, do not lie down flat after your meal for 2 hours.
- 8 Suck on ginger, peppermints or lemon drops.

Information and Tips for your anti-nausea medications:



- 1 If you have had nausea or vomiting after surgery in the past and know the name of a medication that was successful in easing it, please tell your doctor or nurse.
- 2 Anti-nausea medications will be more effective if you take them as soon as you start feeling sick to your stomach.
- 3 Do not wait until you are vomiting to take your anti-nausea medication.
- 4 Ask your nurse about taking an anti-nausea medication before your meal.
- 5 If you have experienced nausea after taking pain medication, please tell your doctor or nurse - anti-nausea medication can be given before you receive pain medication.
- 6 It may take trying a couple of different medications or combinations before finding the right match for you.