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.