

Nausea

It is common for a hospice patient to experience nausea or lose their appetite. There are several easy and practical things to try, which may help a patient feel more comfortable.

- Drinking soft drinks or carbonated beverages, such as ginger ale
- Slowly eating small bites of bland food, such as crackers
- Following the BRAT diet: bananas, rice, applesauce, toast. These foods are easy for the stomach to digest
- Eat and drink foods or liquids containing ginger, like ginger tea or gingerroot capsules
- Replace fluids lost by vomiting with light broth, sips of a carbonated beverage, gelatin, or a popsicle
- Avoid foods with strong flavors, aromas, or spices that may trigger nausea
- Serve food at a moderate or cool temperature, as hot foods can be painful or upsetting to the stomach
- Get some fresh air, either by opening a window, turning on a fan, or going outside

If these steps do not help with nausea, it can also be treated with medication. Call your hospice care team to find out if medication is an option.