

Nausea

Cause of nausea: Nausea can have many causes, such as HIV or other infections, some medications, toxicities to medication, not eating, dehydration, overeating, certain foods and odors, migraine headaches, food poisoning, and food allergies.

Consequences of nausea: Nausea can result in loss of appetite, reduced food intake, weight loss, and interfere with doing daily activities. It can be serious. Make sure your doctor knows you have nausea. In the meantime, try the following to control nausea.

Try these tips:

- Eat small frequent meals. Do not skip meals and do not go hungry.
- Eat more during the times you are feeling better but do not overeat.
- Eat and drink slowly. Drink small frequent sips, rather than large amounts at a time.
- Check with your doctor about the amount of fluids you should be drinking if you have stomach or leg swelling.
- Drinking large amounts of sugary beverages quickly can cause nausea. This includes juices, soda, and supplement drinks.
- Drink fluids, including soups, between meals rather than with the meal.
- Eat dry toast, crackers, or melba toast when first getting up in the morning.
- Avoid overly sweet, greasy, hot, or spicy foods. Salty foods may be well tolerated.
- Avoid strong smelling foods and cooking odors. If strong odors make you feel nauseous, cooler foods have less of an odor and may be better tolerated. Try sandwiches, fruit, and cottage cheese. Eat in a well-ventilated area. Open the windows or eat outside.
- Prepare and freeze foods when you feel good to eat when you are not feeling well.
- Avoid getting overtired.
- If taking any dietary supplements (ex. multi-vitamins, minerals, herbs, etc.), take with food.
- Try ginger (tea, ale, grated root or powder), club soda, smelling the rind of citrus fruits.
- If medications have been prescribed for your nausea and vomiting, take as directed by your doctor and pharmacist.

For more information or to sign up for a nutrition class call:

Janelle L'Heureux MS RD: 213-201-1556 jlheureux@apla.org or go to www.apla.org & click on **Calendar**. **APLA copyright © 2006.** For persons with disabilities, reasonable accommodation may be provided upon request. Please call 213-201-1582 TTY (for voice, call California Relay Service first at 711, then give operator the TTY number) at least 5 working days in advance to ensure availability.