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Mercy Hospice  
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# Information Pamphlet Nausea & Vomiting



## **The information provided in this pamphlet concentrates on assistance that family members can provide other than medication.**

### **Introduction**

Patients may experience nausea and vomiting and this can have a negative effect on the person and impair their quality of life.

#### **Definition of nausea:**

A feeling of sickness in the stomach characterised by an urge but not always leading to vomit.

#### **Definition of vomiting:**

The forcible voluntary or involuntary emptying of the stomach contents through the mouth.

### **Management**

1. Eliminate sights and smells that cause nausea and vomiting e.g. foods, deodorants, air fresheners, body odour and bowel motions.
2. Well ventilated room, fresh air with fan or open window.
3. Loose fitting cool clothing.
4. Optimise oral hygiene, may use ½ tsp baking soda, ½ tsp salt in 250 mls water as a mouthwash, alternatively there are many other mouth wash preparations available.
5. If the patient is still able to tolerate, offer sour candy ice chips made from lemon /pineapple based juice, ginger ale or fruit as per individual preference
6. Some people may prefer peppermints or peppermint/ginger tea.

7. If the person is still eating, offer small amounts of bland foods, fluids and snacks at room temperature.
8. When eating/drinking the patient should sit up as much as possible.

### **Other therapies that may already be in place (taught or audio) if nausea has been a problem:**

#### **Guided imagery/visualisation:**

Teaches the person to mentally remove themselves from the present and imagine that they are in another place. This can assist to block the feeling of nausea.

#### **Music Therapy:**

Using music therapy can relieve stress and anxiety and give a sense of well-being.

#### **Distraction:**

Many different forms of distraction can be used e.g. discussing family memories, routines, DVDs photos.

#### **Acupressure points:**

Acupressure is a form of traditional Chinese techniques using pressure. This can be done by the person or a family member/friend.

Acupressure bands may be of assistance. These can be purchased from pharmacies.