ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Nausea and Vomiting

Nausea and vomiting can be caused by many different factors. Common causes may include the illness itself, medications, strong odors, specific tastes, heartburn, constipation or bowel blockage, reaction to medications, and infections. Managing nausea and vomiting is important to keep the patient comfortable and ensure they can take in fluids and medications.

Nausea: An unpleasant feeling occurring in the back of the throat or stomach, prior to vomiting.

Vomiting: The emptying of stomach contents.

Common signs and symptoms to monitor for:

- Complaints of feeling sick to the stomach
- Increased salivation or swallowing
- Sweating or clammy skin
- Dry heaving
- Refusal to eat or drink

Tips for Nausea and Vomiting Management:

- **Try to identify the cause to guide treatment:**
- **Medication**: Administer anti-nausea medications as prescribed. Common options include ondansetron, metoclopramide, or promethazine. Follow the prescribed schedule to keep nausea under control.
- **Dietary Changes**: Offer small, frequent meals instead of large ones. Serve cool, bland foods (like crackers, applesauce, or toast).
- **Hydration**: Encourage sips of water or clear fluids. Use ice chips or popsicles to keep the mouth moist and reduce nausea.
- **Environment**: Keep the room well-ventilated. Use calming scents like peppermint or ginger.
- **Comfort Measures**: Encourage the patient to rest quietly after eating. Use relaxation techniques like deep breathing or gentle distraction (reading, listening

to music) to take their mind off nausea. Cool washcloth to the forehead, back, neck and wrists may help.

Avoid:

- Avoid spicy, greasy, or strong-smelling foods.
- Avoid/remove strong odors or smells that might trigger nausea.
- Feeding/eating immediately after vomiting
- Juices and milk (cranberry, grape, apple)

Record and Report to St. Francis:

- Amount and frequency of nausea and vomiting
- Description of vomited contents (consistency, color, strong odors)
- Alterations in mental status
- What makes the nausea and/or vomiting, worse/better
- Medications taken for treatment and effectiveness

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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