

Tips for Reducing Nausea and Vomiting

- Talk with your provider about prescription medications such as Zofran, Pepto-Bismol, Dramamine, Compazine as well as other nausea treatments.
- Try drinking ginger herbal tea or sucking on ginger candy. (Avoid ginger ale or Ale8 due to carbonation).
- Try drinking sour lemonade (sugar-free) or 100% diluted apple juice.
- Add Vic's vapor rub underneath your nose before eating to mask food smells.
- Sip slowly on water/beverages – do not take big gulps.
- Eat small portions/bites every two hours.
- Do not skip meals – this can make nausea/vomiting worse.
- Determine whether your medications need to be taken on an empty stomach.
- Avoid cooking foods with strong smells or odors – cold foods tend to have less odor.
- Avoid high-fat or fried foods (pizza, fried chicken, nuggets, hamburgers, bacon, etc.).
- Avoid foods with strong odors.
- Avoid high-fiber foods until nausea/vomiting is resolved (whole wheat bread, beans, oatmeal, raw fruits/veggies).

If you have persistent vomiting:

- Call the office and let us know.
- STOP eating solid foods and follow clear liquid stage 1 diet. Suck on ice chips.
- After eight hours, if vomiting has stopped, slowly start to add in solid foods.
- Start with small amounts, one food at a time, beginning with foods that are low in fat and fiber.

Try these foods first:

- Applesauce (no added sugar)
- Baked chicken
- Banana
- Crackers
- Dry toast
- Egg cooked without fat
- 100% fruit juice
- Pretzels
- Rice
- Rice cereal
- Sugar-free sherbet
- Sugar-free, low-fat yogurt

This should not be used until greater than six weeks post-op. If you are experiencing persistent nausea and vomiting within the first six weeks after surgery, please call our office.



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