

# Coping with Vomiting

## What to do after vomiting

- Rest. Get some fresh air, and take a walk. Avoid places with strong odors
- Sip on tart juices like lemonade or cranberry juice diluted with water
- Drink fluids other than water. Plain water may cause more vomiting
- Eat candies or fruit with sour or tart flavors. These help cut saliva or cover unpleasant tastes in your mouth
- Salty flavors help settle the stomach
- Eat what you feel like eating at that moment. Try small amounts of sweet or cold foods: popsicles, jello, jelly beans, pudding, fruit, custard, yogurt or ice cream.
- Do not take any over the counter medications to stop vomiting, unless prescribed by your health care provider
- Stop prenatal or iron pills for a few days if they cause stomach upset or vomiting.

### Contact your provider for advice if:

Dizziness, weakness, fainting, or headaches do not go away

Vomiting lasts for 24 hours or it cannot be stopped except by not having any foods or fluids.

## Choose Foods to Replace Nutrients Lost

### Fluids, sipped:

Juices	Sports drinks
Teas	Sodas
Lemonade	Noodle soups
Popsicles	

### Salty foods:

Pretzels	Chicken broth
Noodle soups	Tortilla chips
Pickles	Potato chips
Crackers	

### Potassium-rich foods:

Avocado	Banana
Potato	Potato chips
Sweet potato	Vegetable juice
Winter squash	Apricots
Kiwi fruit	Honeydew melon
Watermelon	Cantaloupe

### Magnesium Rich Foods:

Broccoli	Sunflower seeds
Almonds	Whole wheat breads
Soy milk	Bran muffins
Wheat germ	Spinach
Peanut butter	

Make an appointment with our  
nutritionist by calling

822-1385