

## NAUSEA AND VOMITING

There are many different causes/reasons- it is not always because there is something wrong with the stomach

### Possible Reasons



Medications - Opioids, Ibuprofen/NSAIDs, Steroids antibiotics, vitamins and supplements



Pain can cause the gut to work less well



Anxiety



Gut issues - reflux/heartburn, stomach inflammation, constipation



Metabolic imbalances



Excess mucous/secretions



## Headaches

### Medical Treatment

- There are prescription medications available [click here](#)



### Alternate Non-Pharmaceutical Treatments



Ginger candy or tea



Smaller meals



Low fat meals



Avoid aggravating smells



Cold compresses



Fresh air



Nutritional drinks (ensure/boost) in place of solid foods



Relaxation techniques- listening to music, meditation

## When to Call the **Hospice**

- › Vomiting not controlled with available medications
- › Bloody vomiting
- › Increasing abdominal pain
- › Fever
- › No urination for more than 8 hours