

Tips for Managing Nausea and Vomiting Soon After Weight-Loss Surgery

- Change the temperature of your drinks. You may have less nausea if fluids are warm, cold, or room temperature.
- Try adding a squeeze of lemon to your water or herbal tea.
- Relax by listening to soft music or calming yourself.
- Change the fluid you drink. You could be more sensitive to certain tastes, such as sweet flavorings or chlorine in water. Try bottled water or use less of a flavor pack if this is an issue.
- Try sugar-free popsicles or ice chips.
- Try a caffeine-free ginger tea.
- Cover your drinks so you don't smell them.
- Avoid strong smells.
- Drink slowly.
- Stay hydrated. Dehydration can make you feel nauseated.
- Once you begin eating:
 - Add new foods gradually. You will not tolerate certain foods, and this will help you identify which foods make you sick.
 - Chew thoroughly—20 chews per bite of food.
 - Eat only until you are no longer hungry. Be mindful of your portion sizes since you may not feel hungry early on. Signs of fullness after weight-loss surgery can include chest discomfort and pain or pressure below the breastbone. Eating even one bite too many can make you sick.
 - Avoid greasy and fatty foods.
 - Make sure the foods you eat are moist.
 - Avoid sugars. Watch for hidden sugars in foods.
 - Avoid drinking with meals.
 - Continue to avoid caffeine, alcohol, tobacco, and NSAIDs such as ibuprofen (Motrin, Advil) and naproxen (Aleve).

Cautions

- If nausea persists and prevents you from getting enough fluid and protein, or keeps you from taking your nutrient supplements, contact your surgical team. You may need more tests or may benefit from anti-nausea medication.
- If you vomit blood, call your surgical team.

Ask your registered dietitian (RD) for the handout on common food intolerances. These are foods that often cause discomfort.