

NAUSEA/VOMITING

1. Wait until vomiting stops
2. Begin with ice chips or sips of water. If no vomiting, proceed with steps 3–5
3. Clear liquid diet for 12–48 hours. This includes water, broth, soda, weak tea, apple juice, Kool-aid, Jello, Gatorade
4. As your symptoms subside, you may slowly add bananas, plain bread and crackers, plain rice, rice cereal, applesauce, peeled apples, tea, toast without butter (BRAT)
5. When symptoms have resolved for 24 hours, lean meats, fruits, and vegetables should be tried gradually. At this point dairy products may be added.



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▶ Remember:

- Chew your foods thoroughly and eat slowly
- When you re-introduce regular foods back into your diet, consume small meals a day for the first 24–48 hours
- Alcohol, dairy products, fried, spicy, or fatty foods are **AVOIDED** until the symptoms are completely resolved

