

What can I do about throwing up or feeling like I might throw up?



Things I can do with my family

Some patients have found these strategies helpful:

- Eating small amounts of simple food like dry toast or cereal throughout the day
- Sipping cool drinks throughout the day
- Avoiding really spicy or foods that are high in fat, cream or sugar
- Avoiding lying down flat for at least two hours after eating
- Avoiding smells that make you feel worse. If you can, keep a window open and stay away from the kitchen if cooking smells bother you
- Distracting yourself from feeling like you may throw up by doing things like belly breathing, activities or talking with friends

Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Look for causes of throwing up or feeling like you might throw up
- Give you different medications to control your symptoms
- Suggest meeting with someone to help teach you strategies for managing throwing up or feeling like you might throw up

When should I contact my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team if you:

- Throw up more than twice in a day
- Can't drink fluids
- Have blood in your throw-up