

Contact Us Toll Free at 1.866.208.3430

Management of Nausea

Education

Nausea is feeling sick to your stomach.

- Treating nausea with non-drug or drug therapy is often required to decrease nausea and to prevent vomiting from occurring.
- Nausea may occur as a result of some multiple sclerosis (MS) therapies.
- Nausea typically disappears after the first few weeks of starting a new medication.
- Nausea may also be the result of MS symptoms, particularly dizziness, or lightheadedness, and vertigo, which is the sensation that your surroundings are moving or spinning.

Helpful Tips

- Try to eat smaller, more frequent meals throughout the day instead of three large meals.
- Eat healthy foods, avoiding greasy or spicy foods.
- Avoid foods that have a strong odor, such as garlic and onions.
- Try eating the **BRAT** diet (**B**ananas, **R**ice, **A**pplesauce, and **T**oast).
- Leave crackers, bread, peanuts or pretzels by your bed to help alleviate nausea before getting up.
- After eating, do not lie down as this may increase your risk for nausea. Likewise, try to eat meals sitting up.
- Sip on cold, carbonated beverages, like ginger ale, Sprite®, or 7-Up®.
- Avoiding odors while cooking is helpful; try opening a window or microwaving meals.
- Avoid things that may irritate your stomach such as alcohol, aspirin, caffeine, and smoking.
- Try reducing your level of stress. Be sure to ask your Patient Care Coordinator about easy and effective ways of reducing stress.

Treatment

Nausea can also be treated with over-the-counter and prescription medications. Only your doctor and pharmacist can be sure what anti-nausea medication is right for you and will not interact with the medications that you are taking.

- Herbal teas, such as peppermint, chamomile, or ginger, may help to decrease nausea and upset stomach.
- Over-the-counter medications such as antacids (Tums®) or Benadryl® may be useful.
- Non-drug therapy, such as acupressure wristbands (SeaBand®/Travel Aide®) are an option.
- Some possible prescription strength medications include: Zofran®, Antivert®, and Reglan®.

For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.