Nausea: What to Do When You Vomit

These tips can help:

- Rest
- Get some fresh air
- Take a walk
- Stay away from places with strong odors

Sip on tart juices:

- Try lemonade or cranberry juice with a little water in it
- Plain water may cause more vomiting

Eat candies or fruit with sour or tart flavors:

- Try hard candies, mints, or lemon drops to cover unpleasant tastes in your mouth
- Chew peppermint gum

Eat what you feel like eating at that moment

Try small amounts of sweet or cold foods. You may like:

- Popsicles
- Jell-O®
- Jelly beans
- Pudding
- Fruit
- Custard
- Yogurt
- Ice cream

Try salty foods. They may also help settle your stomach.

Ask your health care provider before you take any medicine or use herbal remedies.

- Do not take any over-the-counter medications, unless your provider says it is safe
- You may need to stop taking prenatal or iron pills for a few days

Call your health care provider if:

- You feel dizzy, weak, or faint
- You have a headache that does not go away
- You vomit five or more times in 24 hours
- You cannot eat any food or hold down any fluid at all