

## **Nausea/vomiting is an unpleasant sensation and can impact on quality of life.**

Nausea is a feeling in the upper stomach of wanting to be sick or throw up (vomit). A person will usually feel nauseous before vomiting, but may not always actually vomit.

Vomiting (being sick or throwing up) is emptying the contents of the stomach through the mouth. It may be voluntary or involuntary.

### **Ways to reduce nausea and vomiting**

1. Find out what worked for the person in the past
2. Find out what may be any triggers, such as food, deodorants, air fresheners, perfumes and other strong-smelling items. Eliminate these as appropriate
3. Make sure there is plenty of fresh air in the room. Use a fan or open a window.
4. Make sure the patient wears loose-fitting cool clothing

5. Give frequent mouth washes. You may want to try ½ teaspoon baking soda, ½ teaspoon salt in 250 ml water or use a mouthwash as person's choice - peppermint water, soda water etc.
6. Offer a cool damp cloth to wipe face or place on forehead or back of neck
7. The person may want to suck something. Their choice peppermints, sour candy, crystallized ginger, lemon or pineapple-based juice ice chips, or ginger ale.
8. Some people may prefer sips peppermint or ginger tea, hot or iced.
9. If the person is still eating, offer small amounts of bland foods, fluids and snacks at room temperature.
10. When eating or drinking the person should sit upright as much as possible

11. You may want to place a tissue dampened with drops of peppermint oil near the patient's pillow may be useful
12. If the person is nauseated, make sure a vomit container is close.

### **Other ways that may help reduce nausea**

#### **Guided imagery/visualization**

Encourage the person to imagine they are in another place with pleasant memories for them. This can assist to block feelings of nausea.

#### **Music Therapy**

Play gentle music that the person enjoys. This can relieve stress and anxiety and give a sense of well-being.

#### **Distraction**

Take the persons mind off how bad they are feeling by chatting about pleasant family memories and routines. Play DVDs, or look at some photos.

## Acupressure

Acupressure wristbands, such as those used to relieve travel sickness, **may** help. These are available from many pharmacies.

## Aroma therapy/essential oils

Best essential oils for nausea and/or vomiting include:

- Ginger
- Peppermint
- Lavender
- Chamomile
- Fennel
- Nutmeg

Please follow individual instructions

<https://www.essentialoilhaven.com/essential-oils-for-nausea/>

For more information:



<https://www.healthnavigator.org.nz/health-a-z/p/palliative-care/care-in-the-last-few-days-of-life/>



<http://www.hospice.org.nz/>



<https://www.dyingmatters.org/page/being-someone-when-they-die>



We would like to thank Mercy Hospice for sharing their resources.

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Last Days of Life Care – Non-Pharmacological  
Nausea/vomiting



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***‘Ways you can help without medication’***

This pamphlet offers suggestions of support for yourself and those around you should it be needed.