

Nausea and Vomiting

Nausea and vomiting can be an upsetting symptom of kidney disease. You can still throw up (vomit) even if you don't feel sick to your stomach (nausea). There can be many reasons for nausea and/or vomiting, such as certain medicines, being constipated, and toxins building up in your body because of your failing kidneys.

What tips can I try at home?

Depending on the cause, there are some things you can try at home.

- Try to prevent or manage constipation.
 - Slowly increase the amount of fibre in your diet over a few days. Spread fibre intake over the day instead of in one meal.
 - Eat regular meals and snacks through the day to keep food moving through the bowel.
 - Drink adequate fluid.
 - Be as active as possible to help the bowels move
 - If you still have trouble, speak with your care provider about a referral to a dietitian and about medications you can take for constipation.
- Eat smaller amounts of food more often, and adjust the time you eat. For example, if you often feel sick to your stomach in the early morning, try eating breakfast a little later.
- Eat slowly.
- Drink fluids 30 to 60 minutes before or after meals, instead of with meals.
- Don't drink alcohol.
- Stay away from foods that are greasy, spicy, or very sweet.
- Keep the air fresh—stay away from cooking smells, scents like perfume, or smoke.
- Keep your mouth fresh. For example, brush your teeth, or use a non-alcohol mouthwash or club soda to rinse your mouth.

- Stay upright for about 1 hour after eating, as this can help with digestion.
- If you're feeling sick to your stomach, put a cool damp cloth on your forehead or the back of your neck.
- Wear loose fitting clothing.
- Think about using ginger and other complementary therapies such as relaxation, imagery, acupressure, or acupuncture.

What treatment choices do I have?

Speak with your care provider if your nausea or vomiting is hard to manage. There is medicine you can take (either by pill or injection). Talk to your care provider before trying over-the-counter medicine.

When vomiting lasts for a long time, you can get dehydrated. If you have homecare, they may be able to help you with your nausea/vomiting and dehydration at home (so that you don't have to go to the hospital).

What treatment choices do I have?

Speak with your care provider if your nausea or vomiting is hard to manage. There is medicine you can take (either by pill or injection). Talk to your care provider before trying over-the-counter medicine.

When vomiting lasts for a long time, you can get dehydrated. If you have a Home Care professional helping with your care, be sure to tell them about your nausea or vomiting.