

## **INSTRUCTIONS FOR PATIENTS IF YOU ENCOUNTER NAUSEA AND/OR VOMITING**

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(Remember: Pain pills have narcotics in them, which can frequently cause nausea. This is not an allergy, but a common side effect. If you are aware that you are allergic to a particular medication, such as Compazine, please make sure that you verify on your health history forms that you fill out prior to surgery, so that we may prescribe a medication that is suitable at the pharmacy of your preference.)

**To easier prevent nausea and vomiting, never take medication on an empty stomach.**

- Try eating soft foods such as Cream of Wheat, yogurt, soups, or cottage cheese to help absorb the medication.

**If you encounter nausea or vomiting please consider the following:**

- Immediately stop taking the medication and call the office so that we may either prescribe a medication to counteract nausea or to prescribe a suitable replacement. **209.667.5050**
- As soon as possible, use the anti-nausea medication that the doctor will prescribe. This will be a rectal suppository, so that the medication will react quickly and effectively.
- If the pain medication causes further nausea, refrain from taking them and use the recommended dose of Extra Strength Tylenol.

**Once your nausea is under control please consider the following:**

- After proper food and drink, try the next prescribed medication

**OR**

- Use an Extra Strength Tylenol for the pain
- Drink a clear liquid such as 7-up, juices, soup broth, or Jello

Always keep us informed if the medication is working, or if we can find something more effective for you; so that your recovery can be as fast and painless as possible.