



GastroDoxs
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Nausea

A Practical Guide For Patients

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Introduction: Heartburn

Nausea affects digestion, appetite, and overall comfort.

Management often includes dietary changes, hydration, and medication.

Individualized care plans are essential for long-term relief.

Nausea is a common symptom among individuals with digestive and gastrointestinal conditions. It can range from mild queasiness to persistent nausea that interferes with eating, hydration, and daily activities. Nausea is often associated with digestion, medication use, infections, or underlying gastrointestinal disorders.

Nausea can result from a combination of dietary habits, lifestyle factors, and medical conditions. Early recognition and consistent management can significantly improve quality of life and prevent complications such as dehydration or weight loss.

Key Takeaways

- **Nausea affects appetite, digestion, and hydration.**
- **Management often includes diet changes and medications.**
- **Individualized care plans are essential for lasting relief.**



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What Causes **NAUSEA**?

Known Causes

- Delayed gastric emptying
- Acid reflux or GERD
- Stomach irritation or inflammation
- Medication side effects
- Infections (viral or bacterial)
- Hormonal changes
- Dehydration



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Common Signs & Symptoms

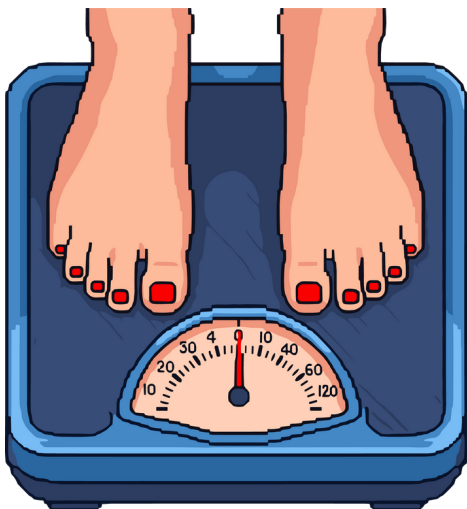
People with nausea often experience discomfort that can interfere with eating, hydration, and daily life. Recognizing early and severe symptoms is important for timely diagnosis and effective treatment.

Core Symptoms Include:

- Persistent queasiness
- Nausea after meals
- Loss of appetite
- Sensitivity to smells
- Stomach discomfort without pain



Severe cases can also cause:



- Vomiting
- Inability to eat or drink
- Unintended weight loss



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Diagnosis & Medical Testing

Diagnosis and medical testing for nausea begin with a review of symptoms, medical history, and a physical exam. Your doctor may order blood tests to check for infection, inflammation, or metabolic issues. Imaging tests help rule out obstruction, inflammation, or organ-related causes. In some cases, endoscopy may be used to examine the stomach and esophagus.

Diagnostic Tools

- Physical exam
- Blood tests
- Stool tests
- Urine tests
- Imaging tests
 - Abdominal X-ray
 - Ultrasound
 - CT scan
- Endoscopy
- Pregnancy test (when appropriate)



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Diet

Nausea can affect eating habits, hydration, and social interaction. Adjusting diet is often essential for symptom control.

Key Insights

- Eat small, frequent meals to avoid overwhelming the stomach
- Avoid spicy, greasy, or strong-smelling foods
- Limit caffeine, alcohol, and carbonated drinks
- Choose bland, easy-to-digest foods (bananas, rice, applesauce, toast)
- Stay hydrated with water or electrolyte fluids
- Avoid heavy meals during nausea flare-ups



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Medications & Treatment Options

Medications for nausea may include anti-nausea drugs, acid reducers, or medications that improve stomach emptying. Treatment depends on the underlying cause and severity of symptoms.

Treatment Options

- Dietary adjustments
- Hydration support
- Over-the-counter anti-nausea medications
- Prescription medications (antiemetics, acid reducers)
- Rest and stress reduction
- IV fluids in severe dehydration
- Treatment of underlying conditions



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Advanced Therapies & Procedures

Advanced therapies for nausea may include diagnostic endoscopy, medication adjustments, or therapies for chronic nausea related to functional or neurological conditions.

Therapy Options

- **Cognitive Behavioral Therapy (CBT)**
- **Biofeedback Therapy**
- **Physical Therapy**
- **Vestibular Therapy (for motion-related nausea)**
- **Mindfulness and relaxation techniques**
- **Acupuncture**



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Coping With HeartBurn

Coping with nausea involves gentle eating, hydration, stress management, and symptom tracking. Following medical guidance can reduce flare-ups and improve quality of life.

Practical Strategies

- Eat bland, soft foods
- Sip fluids slowly
- Avoid strong odors
- Rest when needed
- Practice relaxation techniques
- Avoid lying flat after meals
- Follow your doctor's guidance



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FAQS About Heartburn



Q1: What is nausea?

A: Nausea is the sensation of feeling sick to your stomach, often with the urge to vomit. It may be mild or persistent and can occur with or without vomiting.

Q2: What are common causes of nausea?

A: Common causes include infections, acid reflux, medications, food intolerance, dehydration, and digestive disorders.

Q3: When should I see a doctor for nausea?

A: Seek care if nausea is persistent, severe, or accompanied by vomiting, dehydration, weight loss, or dizziness.

Q4: How is nausea diagnosed and treated?

A: Diagnosis may include symptom review, physical exams, blood work, imaging, or endoscopy. Treatment depends on the cause and may include dietary changes, medications, hydration, or specialized therapies.



Take **Action**

If you experience **Nausea**, don't ignore them. Early diagnosis and treatment can prevent complications. Schedule a consultation with GastroDoxs for expert guidance on managing your digestive health.

Visit GastroDoxs.com to schedule an appointment and access more resources on digestive health.

**Your health matters take
the next step today!**



SCHEDULE AN APPOINTMENT

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