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Feeling sick (nausea)

Feeling sick (nausea) is common and usually goes away on its own.

Tips to stop you feeling sick

There are some things you can do or avoid doing to help ease nausea.

Do

- ✓ get plenty of fresh air
- ✓ sip a cold drink - some people find fizzy drinks work best
- ✓ try ginger or peppermint tea
- ✓ eat something with ginger in it - for example, ginger biscuits
- ✓ eat small meals often
- ✓ try to distract yourself - for example, listen to music or watch a film

Don't

- ✗ do not eat or cook food with a strong smell
- ✗ do not eat spicy, fried or greasy food
- ✗ do not eat too quickly
- ✗ do not have a large drink with a meal
- ✗ do not lie down soon after eating

✗ do not wear clothes that are tight around your waist or tummy

Make sure to drink enough fluid if you are getting sick (vomiting). You might be at higher risk of [dehydration](#).

Contact your GP if you:

- do not feel better in a few days
- feel sick a lot - it keeps coming back

They may prescribe anti-sickness medicine if needed.

Call 112 or 999 if you feel sick suddenly and have:

- chest pain that feels tight or heavy
- pain that spreads to your arms, back, neck or jaw
- shortness of breath

This could be a heart attack.

Common causes of feeling sick

Feeling sick is a symptom of many conditions and is usually nothing serious.

Your GP can help you find the cause if your symptoms do not improve. They may recommend treatment depending on the cause.

Common causes of nausea include:

- [motion sickness](#)
- infections such as [norovirus](#) or [flu](#)
- [morning sickness during pregnancy](#)
- [food poisoning](#)
- [migraine](#)
- [vertigo](#)

Sláintecare.

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