



**HIV/AIDS QUALITY OF
CARE INITIATIVE
(HAQOCI)**



Clinical Epidemiology Resource & Training Centre
(CERTC)
College of Health Sciences
University of Zimbabwe
(In Conjunction with the Ministry of
Health & Child Welfare)

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**Supported by U.S. Centers for Disease Control and
Prevention (CDC)- Zimbabwe AIDS Program**



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What To Do When You Feel Nauseous

**Opportunistic Infection Prevention Clinic
Clinical Epidemiology Resource & Training Centre
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College of Health Sciences
University of Zimbabwe**

Brochure Series QOC 11

What To Do When You Feel Nauseous

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Brochure Series QOC 11

HIV/AIDS can sometimes make it difficult to eat. Some foods, which were eaten without a problem before, may now be difficult to eat or digest. Infections in the mouth cause sores, which hurt when eating, or tiredness may prevent eating. Anxiety and worry about food and nutrition can also be a problem even when feeling well.

Monotonous meals, noxious smells and odours can contribute a great deal to loss of appetite. There are certain things, which help people living with HIV/AIDS to eat and feel better when they have these problems.

- ❑ For most people living with HIV, nausea is a temporary condition. Infections and medication can cause nausea.
- ❑ Wait till you feel better before taking a large meal, but try not to miss out on your food intake.
- ❑ Avoid the smell of cooking foods with strong aromas such as cabbage, guru/mathumbu, or onion.

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- ❑ Eat smaller meals more frequently throughout the day.
- ❑ Drink liquids between meals. Eat your meals separately from liquids with 1-2 hour intervals.
- ❑ Try to eat more cold foods. They are usually tolerated better.
- ❑ Sip cool beverages. Clear fruit juices, mahewu, magada, sour milk, herbal teas and cold drink will be tolerated better.
- ❑ Dry toast, crackers, munya and cereal help to relieve the nausea.
- ❑ Choose foods that are not very greasy, spicy or very sweet.
- ❑ Avoid lying down immediately after eating.

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