

## NAUSEA

A rare but possible reaction to anesthesia and pain medication is an upset stomach. This often occurs when as a reaction to taking pain medication on an empty stomach. Try to take your pain medication with food. Stay well hydrated Eat several small meals throughout the day. If you are still nauseous, try to avoid eating large, rich meals and to eat saltine crackers with sprite. If you are still nauseous and uncomfortable, let your doctor know as your doctor can call in a prescription medication that can help.