

Koch's Nausea/Vomiting (Gastroparesis Diet)

Step 1: Gatorade and Bouillon

Diet: Patients with severe nausea and vomiting should sip small volumes of salty liquids, such as Gatorade or bouillon, in order to prevent dehydration. These liquids include salt and sugar, in addition to water. Any liquid to be ingested should have some caloric content.

Goal: To ingest 1,000 to 1,500cc per day, in multiple servings (i.e. twelve 4 oz. servings over the course of 12-14 hours). 1-2 oz may be sipped to reach 4 oz. per hour.

Avoid: Citrus drinks of all kinds and highly sweetened drinks.

Step 2: Soups

Diet: If Gatorade or bouillon is tolerated, the diet may be advanced to include a variety of soups with noodles or rice and crackers. Peanut butter or cheese and crackers may be tolerated in small amounts. Caramels or other chewy confections may be tried. These food should be given in at least six divided meals per day.

Goal: To ingest approximately 1,500 calories/day. Patients who can accomplish this will hopefully ingest enough calories to maintain their weight. In many patients, maintenance of their present weight, not weight gain, is the realistic goal.

Avoid: Creamy, milk-based liquids.

Step 3: Solid Food – Starches, Chicken, and Fish

Diet: Starches, such as noodles, pastas, potatoes and rice are easily mixed and emptied by the stomach. Soups, mashed or baked potatoes, pasta dishes, rice and baked chicken breast, and fish are usually well tolerated sources of carbohydrates and proteins. These solids should be ingested in six divided meals per day. A multivitamin should be prescribed.

Goal: To find a diet of common foods that the patient finds interesting, satisfying and evokes minimal nausea and vomiting symptoms. As the patient learns what liquids and solids are tolerated, the variety and number of foods that can be enjoyed will increase.

Avoid: Fatty foods, which delay gastric emptying, red meats, and fresh vegetables, which require considerable titration. Avoid pulpy, fibrous food like celery, cabbage and orange pulp that promote the formation of bezoars (a mass of food trapped in the intestine).