

The GLP-1 Nausea Survival Guide

Quick, practical ideas for nausea-prone days. Start simple, go food-first, and use gentle routines that may help when appetite and digestion feel off.

1 Smaller Meals

- Aim for 4–5 smaller meals.
- Space them evenly through the day.
- May help avoid an overfull stomach.



2 Bland Protein

- Choose chicken, eggs, or plain Greek yogurt.
- Keep protein gentle and easy to digest.
- Skip heavy cuts like steak.



3 Hydration

- Sip cold or room-temp fluids slowly.
- Take small amounts throughout the day.
- Ginger or peppermint tea may help support comfort.



4 Trigger Foods

- Avoid fried, fatty, or spicy foods.
- Limit very sweet foods if they worsen queasiness.



5 Dose-Day Prep

- Consider an evening injection.
- Keep the same dose day each week.
- Routine may help your body adjust.



6 Ginger + Vitamin B6

- Gentle options some people find helpful for queasiness.
- Keep any B6 well under 100 mg per day, since higher amounts can irritate nerves over time.



7 When to Call a Clinician

- Reach out if vomiting lasts over 24 hours, you can't keep liquids down, or you notice severe pain, dark urine, dizziness, or confusion — these need prompt medical attention.
- This guide is educational and not medical advice — talk with your clinician if symptoms are severe or ongoing, or if you take medications or have other health conditions.

