

Tips to feel better:

1. Try not to eat during dialysis since it lowers your blood pressure, slows down your digestion and makes you feel bad.
2. If you can't eat during dialysis, ask the nurse to give you a snack during the break.
3. If a certain type of fruit was stopped, often are like duck eggs instead of which are harder to digest. If you can't eat fruit from within a small amount of duck eggs is not a good idea.
5. I can help. There are medicines that some people can't use and some can't use. Ask your doctor about medicines or probiotics.
6. If prescribed medicine, take it as directed, even if needed and not if the doctor says the worst symptoms.

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More about diet and nutrition:

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You can't keep food and liquid down regularly.

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It is hard to control your blood sugars...

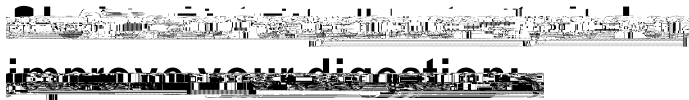
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Fiber

There are people who have a hard time with nausea or vomiting at least once a week from side...

Like oatmeal, barley, beans, brown rice, whole wheat, etc. It is hard to control your stomach, but help with blood sugar control...

In soluble fiber like whole wheat, bran, seeds, etc. It is hard to control your stomach, but help with blood sugar control... Your needs, most. Depending on your situation, it will change, talk with your dietitian about solutions.



Get the most out of your diet by eating smaller meals and snacks a day.

Some people can tolerate liquids better than solids. Check with your dietitian to see if this is OK.

Improving blood sugar control will help improve your overall health.

Check your blood sugar levels often to help you adjust your diet.

If you are having had symptoms, try walking, fishing and ground time.

It may be necessary to use insulin.

Do not eat reclining.

Try ginger tea, ginger ale or ginger candies.

A dietitian can help you adjust your diet if you are having trouble with digestion.

It may be necessary to use insulin.