

Acupressure for Nausea

Self-care technique

This handout explains how to use acupressure to reduce nausea.

What is acupressure?

Acupressure is a system anyone can use. You can learn to give yourself an acupressure treatment.

Acupressure is rooted in Traditional Chinese Medicine. It uses points along *acupuncture channels* in your body. When you press on these points, it can give safe, effective relief from nausea without using drugs.

Acupressure is a tool you can use to feel better so you can rest and recover. Acupressure is a great way to relax and care for yourself.

Acupressure can be done safely and easily from your hospital bed. Please stop if it causes pain or discomfort.

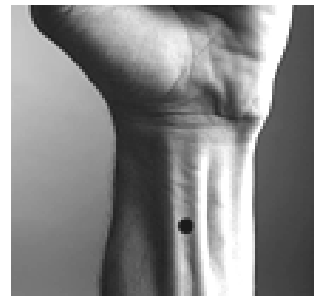
Step 1: Breathing

- Slow your breathing.
- Breathe slowly in and out through your nose.
- Let your breath sink deep into your lower belly.
- Let each exhale be a little longer than your inhale (important!) If you get lightheaded, focus even more on exhaling.
- Breathing this way for a few minutes will make acupressure work better.

Step 2: Acupressure

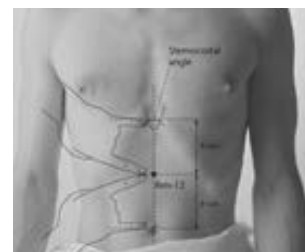
Inner Gate Point (PC 6)

This point is in the middle of the forearm, 2 to 3 inches from the wrist. Massage this point in a clockwise motion for 3 breathing cycles. Repeat on the other forearm for 3 breathing cycles.



Middle Cavity Point (REN 12)

This point is 3 to 4 inches above the belly button. Massage in a clockwise motion for 3 breathing cycles.



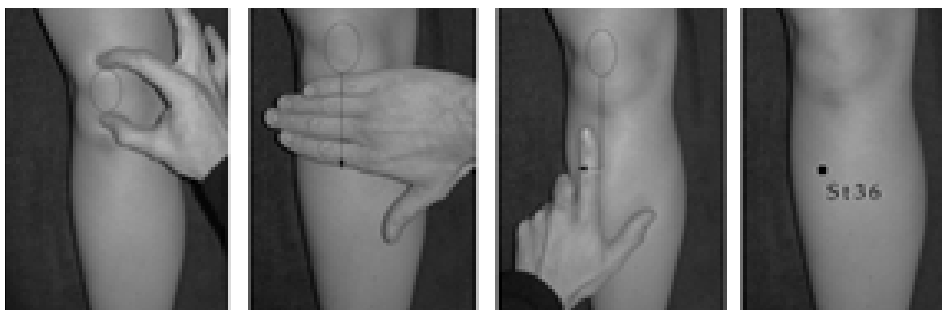
Ear Lobes

Massage both earlobes for 3 breathing cycles. Then, with a clean finger, gently stroke just inside the outer ear for 3 breathing cycles.



Three Leg Miles Point (ST 36)

Optional. Massage this point for 1 to 2 minutes, or 5 to 8 breathing cycles. Massage with gentle but firm pressure. Just starting to feel a dull achy sensation is great!



Find the kneecap

Measure down 1 hand width

Measure out 1 finger width

Location of ST 36

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Community Care Line:
206.744.2500

Ending a Session

- To finish, rest your hands below your belly button. Breathe into your hands. Feel the heat warm your lower belly.
- Keep breathing slowly, filling your lower belly like a balloon. Exhale slowly and fully.
- Do 3 cycles of breathing to finish your session.

This handout was adapted from "Acupressure for Nausea" by Bastyr University Acupuncture and East Asian Medicine and Harborview Pain Relief Service.