

ORAL CHEMOTHERAPY EDUCATION



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NAUSEA AND VOMITING

Nausea and vomiting can be a side effect of cancer treatment and may include having an upset stomach, feeling queasy, and vomiting.

To prevent nausea or to feel better, do the following:

- Eat 5 or 6 small meals during the day instead of 3 big meals.
- Eat before you get too hungry. An empty stomach can make nausea worse.
- Eat foods that are easy on the stomach, such as dry cereal, white toast, and crackers, without liquids first thing in the morning.
- Try lemon, lime, or other tart-flavored foods.
- Sip on fluids throughout the day, like water, juice, broth, and semi-flat soda.
- Avoid strong odors and smells.

If you are vomiting, do the following:

- Stop eating. Once you stop vomiting, start back on food slowly, beginning with clear liquids, then try mild foods, such as gelatin, bananas, rice, and toast.

Your doctor can prescribe medications to help relieve or lessen your nausea or vomiting. Take your medication as directed by your doctor or nurse.

- Take your anti-nausea medicine as soon as you start to feel nauseous. This is the best way to prevent vomiting.
- Sometimes you can take more than 1 medication to prevent or treat nausea.
- If needed, you can take these medications on a consistent schedule or 30 minutes before taking your cancer treatment to better control nausea.

Call your care team if you experience any of the following symptoms:

- The anti-nausea medicine you are taking is not working and you are experiencing nausea or vomiting.
- You are unable to drink fluids for more than 1 day due to ongoing nausea or vomiting.

Additional instructions

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