

## Medication For Nausea

If your health care team prescribes anti-nausea medications, it is important that you take them. There are two types of anti-nausea medications:

1. Some medications are taken at set times to prevent and control nausea.
2. Other medications may be taken “as needed” if you feel nauseated in between your regular medication doses.

Do not use more of the “as needed” medication that is allowed in a day. Taking too much can cause side effects.

**TALK** to your doctor, pharmacist or nurse about when and how to take your anti-nausea medications.

### Contact your health care professional if:

- Your nausea is severe and goes on for more than 48 hours, even when taking anti-nausea medications.
- You are throwing up for 24 hours.

### What Are Some Other Things I Can Do To Prevent or Help With Nausea and Vomiting?

- Wear loose clothing.
- Relax and take your time eating.
- Eat smaller, more frequent meals throughout the day.
- Ask someone else to cook for you if

cooking smells upset your stomach.

- Try not to lie down flat for at least an hour after you eat.
- Keep your mouth clean and fresh by brushing your teeth at least four times a day.
- Drink through a straw to reduce the smell of what you are drinking.
- Get some fresh air. An open window or a fan will help move the air and remove odors.
- Limit or avoid tobacco products and alcohol.
- Take note of your bowel movements to be sure your bowels are moving regularly.
- Suck on hard candy to get rid of a bad taste in your mouth.

When you are having trouble keeping your nausea and vomiting under control, speak to a member of your health care team. Ask your health care team to refer you to a dietitian, or you can self-refer by calling (709) 777-7604.

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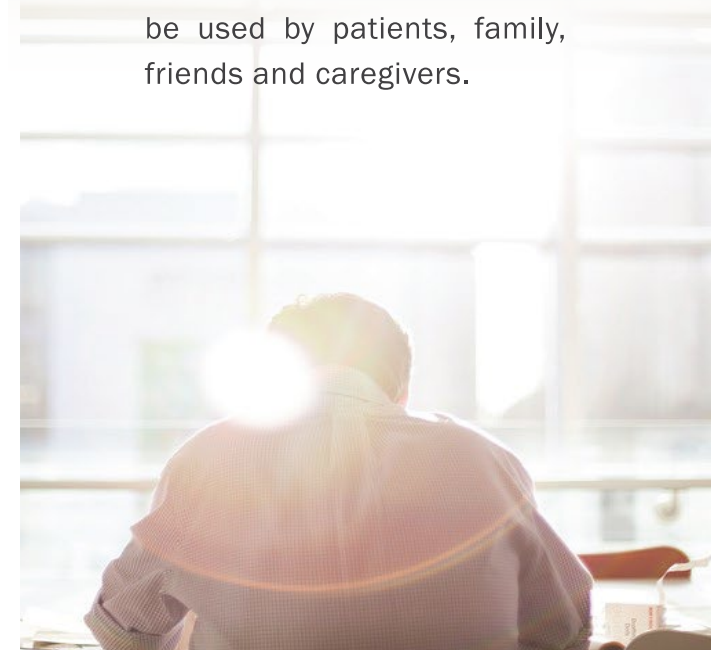
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## A PATIENT GUIDE

# Nausea & Vomiting

This patient guide provides information for people who have cancer-related nausea and vomiting before, during or after cancer treatment. It can be used by patients, family, friends and caregivers.



## What Is Nausea and Vomiting?

Nausea is sometimes described by people as “feeling sick to my stomach” or “queasy.” It can happen with or without vomiting (throwing up).

Nausea may make you have more saliva, clammy skin, a fast heart rate or a feeling of being light-headed.

Tell your doctor or nurse if you have had problems with nausea and vomiting in the past.

## What Causes Nausea & Vomiting?

Nausea and vomiting can be caused by the cancer itself or cancer treatments, such as radiation or from chemotherapy, as well as other things, such as:



## Why Is It Important to Manage Nausea and Vomiting?

Having nausea for a long period of time can affect your appetite and cause you to lose weight.

If you are vomiting frequently, you can lose too much fluid and become dehydrated.

## Tips to Help With Nausea and Vomiting

Until your nausea settles, start slowly with sips of clear liquids (broth, flat soda, diluted apple or cranberry juice, popsicles) throughout the day. Aim for 6 to 8 cups per day.

Gradually add dry, plain starchy foods like Cheerios®, crackers, pretzels or dry toast.

When you feel up to it, add small amounts of cool or room temperature foods, such as: melon, canned fruit, sandwich, puddings, cheese, milk, yogurt, custard, crackers; and beverages such as light milkshakes or smoothies.

Sip small amounts of liquids with your meals. Have larger amounts of liquids 30 minutes before or after meals.



*Cancer-related nausea and vomiting can be managed.*

## What Foods Should I Limit or Avoid?

Avoid or limit foods that can make your nausea and vomiting worse, such as:

- Greasy and fried foods (deep fried fish/chicken, bologna, sausages, bacon)
- Gravy, rich sauces (poutine, cheese sauce)
- Very sweet foods (ice cream, doughnuts)
- Very spicy foods (chili, spicy tomato sauces)
- Acidic foods (orange juice, vinegar based salad dressings, tomato products)