

Oncology Symptom: Nausea and Vomiting

What causes nausea and vomiting?

- Nausea and vomiting can be a side effect of cancer treatments or pain medications.

What should I do if I have nausea and vomiting?

- You should **call your doctor or nurse right away** if:
 - ✓ You are not able to keep foods or liquids down for more than 24 hours.
 - ✓ You have vomited for more than 24 hours.
 - ✓ You notice that you have dry mouth and skin, dizziness or lightheadedness, or that you are passing less urine than normal.

What can I do to decrease nausea and vomiting?

- Breathe through your mouth when you feel nauseated.
- Get some fresh air when you feel nauseated.
- Stay away from foul or strong odors such as cigarette smoke, smells of foods, or perfumes.
- Try to go to sleep or do a calm, relaxing activity in a quiet area if you feel nauseated.
- Try to eat bland foods like dry crackers or toast, applesauce, mashed potatoes or sherbet if you are nauseated, but do not force yourself to eat.
- Eat foods that are room temperature or cool like gelatin, popsicles, pudding, cereal, fruits or sandwiches, because odors from warm or hot foods may make your nausea and vomiting worse.
- Eat small, frequent meals or snacks instead of 3 large meals a day.
- Sip clear, cool fluids such as apple juice, ginger ale or tea.
- To prevent filling of your stomach, do not drink fluids with meals. Drink fluids 1 hour before or after eating instead.
- Stay away from sweet, fatty, salty, spicy or fried foods and snacks.
- Eat lightly on a day you are going to have a treatment.
- Rest sitting up or slightly elevated for 2 hours after eating.
- Brush your teeth with a soft toothbrush or rinse your mouth after meals and after any vomiting.
- Suck on sour candy or breath mints to remove bad tastes from your mouth.
- Take medications your doctor may have prescribed to control your nausea or vomiting as directed.