

Side Effects - Nausea and vomiting

Nausea is when you feel sick to your stomach, as if you are going to throw up. Controlling nausea and vomiting will help you feel better and prevent more serious problems such as malnutrition and dehydration.

Take these steps to feel better:

- **Take an anti-nausea medicine.** Talk with your provider or nurse to learn when to take your medicine. Most people need to take an anti-nausea medicine even on days when they feel well. Tell your provider or nurse if the medicine doesn't help. There are different kinds of medicine and one may work better for you.
- **Drink plenty of water and fluids.** Sip on water, fruit juices, ginger ale, tea and/or sports drinks throughout the day.
- **Avoid certain foods.** Avoid greasy, fried, sweet or spicy foods if you feel sick. If the smell bothers you, ask others to make your food. Try cold foods that do not have strong smells.
- **Talk with our oncology registered dietitian.**
- **Try integrative therapy.** Acupuncture may relieve nausea and/or vomiting caused by chemotherapy. Deep breathing, guided imagery, hypnosis and other relaxation techniques (such as listening to music, reading a book or meditating) may help.



Talk with your health care team

- What symptoms or problems should I call you about?
- What medicine could help me? When should I take this medicine?
- How much liquid should I drink each day? What should I do if I throw up?
- What foods would be easy on my stomach? What foods should I avoid?
- Could I meet with a registered dietitian to learn more?
- What integrative therapies and other practices that could help to relieve my symptoms?
