

# Tips for Managing Nausea and Vomiting

## Things you can do on your own



### Understand what might be making you feel sick:

- Keep a diary tracking when your nausea is worst in your chemotherapy cycle
- Record what triggers your nausea
- Make sure you understand what medicines to take, and when to take them

### Eat and drink well:

- Eat small, frequent meals, and supplement with meal replacement drinks, such as Boost or Ensure
- Drink 6-8 cups of fluids, such as water, per day
- Avoid greasy or fatty foods, like fried foods
- Eat bland foods
- Try sucking on hard candies made with lemon or ginger
- Stay away from strong smells

### Get comfortable:

- Wear loose-fitting clothes
- Do mind-body exercises, or try deep breathing exercises
- Try acupuncture

See the Other Resources page for more information

## With the help of your care team



- Your care team might give you a prescription medication, and you might have to try a few different nausea medicines before you find the combination that works best for you
- Your care team might recommend that you take your anti-nausea medication:
  - On a regular schedule to prevent nausea, even if you aren't feeling nauseated at the moment
  - Only when you feel nauseated (usually written "as needed" on the prescription bottle)
  - Some medications on a regular schedule, and others as needed
- You may find that you need to take medications on particular days of your chemotherapy cycle
- If you are not able to keep your anti-nausea medication down, then you can receive them in a different way, such as by IV, suppository, or dissolving tablet

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## When to call your care team for help



- If you are taking anti-nausea medication as prescribed and it is not working, or it stops working
- If there is blood, or something that looks like coffee grounds in your vomit
- If you cannot keep anything (food, water, or medicines) down because of your vomiting
- If you go a day without drinking any fluids
- If you have not passed any gas for a day or more
- If you have not had a bowel movement for 2 or more days
- If you have severe nausea or vomiting and new abdominal (belly area) pain
- If you are dehydrated, or don't have enough fluid in your body. Signs of dehydration include:
  - Feeling weak, dizzy, or lightheaded
  - Having dark yellow or very little pee
  - Having a dry mouth/being thirsty

**\*\*When you call it helps to have a diary listing what medicines you have been taking and notes about how much you have been able to drink to stay hydrated\*\***

## Additional information on Nausea and Vomiting



- [Click here](#) for a video about cancer related nausea and vomiting