

We have compiled cancer information from some of our most trusted sources. This article on nausea and vomiting is from **National Cancer Institute** and addresses the concerns patients may feel during or after chemotherapy.

Nausea and Vomiting

Call your doctor or nurse if the medicine is not working and you have nausea or vomiting.

What are nausea and vomiting?

Nausea is when you feel sick to your stomach, like you are going to throw up. Vomiting is when you throw up. You will most likely feel better on days you don't get chemotherapy.

Take these steps to feel better:

- Take your anti-nausea medicine.
- Talk with your doctor or nurse to make sure you are taking your medicine the right way.
- It's very important to take your medicine—even on days you are feeling well.
- Stay away from some foods; eat less greasy, fried, salty, sweet, or spicy foods.
- If the smell of food bothers you, ask others to cook for you.
- Then let the food cool down before you eat it.
- Have enough to eat and drink.
- Take small sips of water during the day, if you find it hard to drink a full glass at one time.
- Eat 5 or 6 small meals during the day, instead of 3 big meals.

These Foods and Drinks may be Easy on Your Stomach:			
Soups	Drinks	Main meals and Snacks	Fruits and Sweets
Clear broth, such as chicken, beef, and vegetable	Clear soda, such as ginger ale	Chicken-broiled or baked without the skin	Bananas
	Cranberry or grape juice	Cream of wheat or rice cereal	Canned fruit such as applesauce, peaches, and pears
	Oral rehydration drinks, such as Pedialyte®	Crackers or pretzels	Gelatin (Jell-O®)
	Tea or Water	Oatmeal	Popsicles and sherbet
		Pasta or noodles	Yogurt (plain or vanilla)
		Potatoes -boiled, without the skin	
		White rice	
		White toast	

On days you get treatment:

- Deep breathing and meditation help some people to relax before treatment.
- Learn the best time for you to eat and drink. Some people feel better when they eat a little just before treatment. Others feel better when they have nothing to eat or drink before treatment.
- After treatment, wait at least 1 hour before you eat or drink.
- Acupuncture lowers nausea and/or vomiting in some people. Talk with your nurse to learn more about acupuncture and other ways to feel better during treatment.

Questions to ask your doctor or nurse:

1. What problems should I call you about?
2. What foods should I try to eat more of? Which foods should I eat less of?
3. How much liquid should I try to drink every day?
4. What medicine can help? When should I take it?
5. Would you give me the name of a specialist who can tell me more about practices, such as acupuncture, that may help me feel better?
6. Would you give me the name of a nutritionist, so I can learn more about what foods to eat?

Source: <https://www.cancer.gov/publications/patient-education/nausea.pdf>