

NAUSEA AND Vomiting

Nausea and vomiting:

- Nausea is an unpleasant feeling in the back of the throat and stomach that may result in vomiting. Increased saliva, dizziness, light-headedness, trouble swallowing, skin temperature changes and fast heart rate are symptoms that may occur during nausea.
- Vomiting (emesis) is a forceful contraction of the stomach muscles that causes the contents of the stomach to come up through the mouth. Nausea may or may not be present.
- Retching (gagging or dry heaving) is the attempt to vomit without bringing anything up from the stomach.
- Nausea and vomiting can often occur together.

Causes of nausea and vomiting:

- Chemotherapy
- Radiation therapy
- Cancer
- Certain medicines
- Constipation
- Anxiety
- Infections
- Other diseases or illnesses

Types of nausea and vomiting:

- Acute nausea and vomiting starts a few minutes to a few hours after chemotherapy and goes away within 24 hours.
- Delayed nausea and vomiting starts around 24 to 72 hours after chemotherapy and can last six to seven days.

Treating nausea and vomiting:

- Anti-nausea/vomiting medications are given based on your condition, ability and preference.

- By mouth is most common
- For severe vomiting or for those unable to swallow, medicines can be given into a vein
- Nondrug treatments such as relaxation, distraction, imagery and meditation

Managing side effects:

- Try to eat small frequent meals instead of three large meals.
- Eat foods high in calories and protein.
- Try eating when you are best able to eat (some people are more hungry at breakfast time).
- Let your doctor or nurse know when eating is a problem for you.
- Let your doctor or nurse know if you would like a referral to see the dietitian.
- Let your doctor or nurse know when your nausea and vomiting do not improve.

To help manage or reduce nausea and vomiting:

- The key is to prevent nausea. Consider taking medications for nausea regularly.
- Choose foods and drinks that are easy on the stomach or made you feel better when you had the flu, such as ginger ale, bland foods, sour candy, dry crackers or toast.
- Do NOT force yourself to eat when you feel nauseated.
- Eat food cold or at room temperature if the smell of cooked food makes you feel nauseated.
- Ask someone else to make the meals if you are nauseated.
- Take small sips of water often to stay hydrated. This is key when you are vomiting and losing fluids.

Please ask your doctor to refer you to a dietitian if you:

- Have had almost no intake for five days or more
- Have trouble chewing or swallowing
- Are receiving tube feedings or IV nutrition (TPN)
- Have a pressure ulcer or skin breakdown
- Are losing weight
- Wish to see a dietitian about your nutrition concerns

DRUG	DOSE	SCHEDULE