

Treating and Managing Nausea and Vomiting

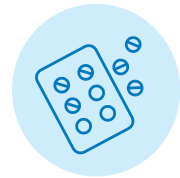
Nausea is an unpleasant feeling in the back of the throat and stomach that may result in vomiting. You may experience increased saliva, dizziness, lightheadedness, difficulty swallowing, skin temperature changes and fast heart rate. Nausea and vomiting can often occur together.

Types of nausea and vomiting

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

Treating nausea and vomiting

- Take prescribed medications for nausea around the clock for the first three days after treatment.
- Anti-nausea/vomiting medications are given based on your condition, ability and preference.
- Medication by mouth is most common.
- Nondrug treatments can be helpful, such as relaxation, distraction or imagery.



Managing and reducing nausea and vomiting

- Take small sips of water often to stay hydrated. This is key when you are vomiting and losing fluids.
- Do not force yourself to eat when you feel nauseated.
- If the smell of cooked food makes you feel nauseated, try colder or at room temperature foods (unless you're on Oxaliplatin treatment. This medication may make you feel more sensitive to cold, cold drinks and cold foods).
- Try to eat small, frequent meals instead of three large meals.
- Eat foods high in calories and protein.
- If you are nauseated, ask someone else to make meals.
- Try eating when you are best able to eat (some people are hungrier at breakfast time). Avoid overly sweet, greasy, hot or spicy foods, or foods with a strong odor.
- Choose foods and drinks that are easy on the stomach, such as ginger ale, bland foods, sour candy, dry crackers or toast.
- Rest after eating, but do not lie down for at least one hour after eating.

When to call your doctor or nurse

- If you vomit after taking oral chemotherapy medication, let your doctor or nurse know how many pills you took, if the vomit was clear or the color of the medication, and if you vomited a solid pill.
- If you had almost nothing to eat or drink for two days or more
- If you are having trouble chewing or swallowing
- If you are losing weight
- To ask for a referral to see a dietitian about your nutrition concerns



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