

Tips for Managing Nausea and Vomiting



Things you can do on your own

Understand what might be making you feel sick.

- Write down when your nausea is worst in your cancer treatment cycle.
- Record what causes 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 them 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.



With the help of your care team

Ask your care team about prescription medications for nausea.

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



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 belly pain
- If you have fluid loss or don't have enough fluid in your body. Signs of fluid loss include:
 - Feeling weak, dizzy, or like you may pass out
 - Having dark yellow or very little pee
 - Having a dry mouth/being thirsty

When you call your care team, it helps to have a diary listing of what medicines you have been taking and notes about how much you have been able to drink to stay hydrated.



For more information and support, visit the American Cancer Society website at cancer.org/nauseavomiting or call us at **1-800-227-2345**. We're here when you need us.