



Helpful Tips for Nausea & Vomiting

Nausea is a common side effect of treatment such as chemotherapy and radiation therapy. It may be due to the treatment or the cancer itself.

Here are some practical tips to help with nausea.

- Try dry saltine crackers, toast, pretzels
- Keep crackers at your bedside if nausea is a problem in the morning or after a nap
- Try foods that are easy on your stomach, such as:
 - Cream of wheat, rice or oatmeal
 - Boiled potatoes, rice or noodles
 - Protein sources like skinless chicken or tofu that is baked or broiled, not fried.
 - Canned fruits and vegetables, gelatin, pudding
 - Clear liquids as apple juice, white grape juice, cranberry juice, low salt broth, carbonated drinks
 - Teas as ginger and peppermint tea, which are lukewarm or cold.
- Eat small frequent meals every few hours
- Slowly drink or sip liquids throughout the day. A straw may help.
- Stay away from odors, have someone else cook if possible; eat in the dining room or in another room other than the kitchen.
- Try colder foods and main-dish salads. Avoid hot/spicy foods and liquids
- Track your nausea and what triggers it (as to specific foods, events, surroundings). See if there is a pattern and if so, try to change that pattern. *Inform your nurse or doctor as there are medications which can control this side effect.*
- Stay quiet after meals. Try to rest sitting up for about an hour (watch TV, read a magazine, talk with a loved one, or enjoy your pet).
- Avoid fried, greasy and rich foods.
- Don't force yourself to eat your favorite foods when you feel nauseated as you may develop a dislike for these foods.
- Try to get outside and get some fresh air. Sit down and take slow deep breaths.

Vomiting may follow nausea and be brought on by treatment or food odors. If vomiting is severe or lasts for more than a day or two, contact your doctor. Visualization and relaxation exercises may help.

- Do not eat or drink anything until you have the vomiting under control.
- Try tiny amounts of clear liquids such as water or bouillon, apple or cranberry juice, fruit ices without fruit pieces, Ginger Ale or 7 UP, plain gelatin desserts, popsicles, Gatorade or Pedialyte, vegetable broth, teas... Begin with 1 teaspoon every 10 minutes, gradually increasing the amount to 1 tablespoon every 20 minutes, and then try 2 tablespoons every 30 minutes or as tolerated
- Once these liquids are tolerated, try a softer diet with bland foods such as mashed potatoes, rice, pureed fruits, smoothies, fruit nectars, yogurt, cereal with milk or soy if you have problems digesting milk.
- Drink and eat more potassium and magnesium-rich foods. Potassium-rich foods include bananas, potatoes, orange juice, tomatoes and apricots. Magnesium-rich foods include nuts, peanut butter, and grains.