

TIPS on HOW TO HANDLE

Nausea and Vomiting



TAKING YOUR ANTI-NAUSEA MEDICATION

Take your anti-nausea medications (anti-emetic medicines) as recommended by your care team

✔ There are two ways to take anti-nausea medications by mouth:

- You may take them on a consistent schedule as ordered by your doctor OR “As needed”. Take the “as needed” medicine as soon as you start to feel nauseous
- One or more medications may be taken to prevent or treat your nausea

✔ Keep a close watch on your anti-nausea medications to prevent running out or experiencing delays in refills.

- Consider bringing your medications to your appointments and discussing them with your care team during each visit. If you’re nearing the end of your supply, request a refill from your care team promptly
- Ensure you have enough medication before starting each chemotherapy cycle, especially if you have multiple cycles scheduled



HELPFUL TIPS ON FOOD/EATING

Keep a **food and symptom journal** so you can track what works best.



Eat before you get too hungry. An empty stomach can make nausea worse.



Eat **5-6 small meals** a day instead of 3 large ones to avoid a full stomach, which can trigger nausea.



Wait about **1 hour** to eat after receiving your treatment.



Eat **bland** foods that are **easy on the stomach** such as cereal, toast, and crackers.



Sip clear liquids slowly throughout the day ex: water, juice, broth, flat ginger ale, and electrolyte drinks.



Ginger products such as ginger ale, ginger tea, or chewing crystallized ginger may help.



The **acidity** in lemons, limes, pickles or other tart-flavored foods can stimulate the digestive system and help with feelings of queasiness.



Take your **anti-nausea medications** (anti-emetic medicines) as recommended by your care team.



✔ If experiencing nausea, the American Cancer Society recommends:

- Eating bland foods
- Avoiding fatty, fried, spicy, greasy or very sweet foods as well as foods with strong smells
- Using butter, oils, syrups, mild sauces, and milk to raise calories
- Eating food when it is cool or at room temperature to decrease its smell and taste



LIFESTYLE TIPS

Get **fresh air** when possible - fresh air can help alleviate nausea.



Avoid strong odors or smells.



Wear **loose clothing** - tight clothing around the waist can make nausea worse.



Aromatherapy or essential oil therapy may help manage symptoms of anxiety, stress, nausea, vomiting, pain, sleep problems and provide comfort.*

✓ **Essential oils may help. Talk with your care team about which essential oils may be safe to use.**

*Aromatherapy products do not need FDA approval and are not regulated by state law. There is no licensing required to practice aromatherapy in the United States.

- Lavender - sleep problems, stress, anxiety, and stomach cramps
- Peppermint- nausea, upset stomach, stress and anxiety
- Orange - sleep problems, upset stomach, stress and anxiety
- Ginger - nausea and loss of appetite
- Lemon - sleep problems, stress and anxiety

✓ **Relaxation may help prevent anticipatory nausea and vomiting (caused by anxiety).**

- Listening to music
- Slow breathing
- Easy yoga



CALL YOUR CARE TEAM IF...

✓ **Your anti-nausea medicine is not helping and you continue to experience nausea and/or vomiting.**

✓ **You have questions or concerns about your anti-nausea medications.**

- Unsure when or how much of your anti-nausea medicine to take
- Experiencing side effects from your medication (ex: constipation)

✓ **You experience any of the following symptoms:**

- Unable to drink fluids for 1 day or more due to constant nausea or vomiting
- Nausea does not let you carry out your daily activities
- Vomiting more than 4 times in 1 day



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