



3851 Piper Street, Ste U340 Anchorage, AK 99508

Phone 907-562-0321

Nausea and Vomiting

Two major concerns many patients have about receiving chemotherapy are nausea and vomiting. Nausea and vomiting result from the drugs irritating areas of the brain that control nausea or the cells lining the digestive tract (mouth, throat, stomach, intestine). Medications can help prevent or control nausea; if the drug or drugs you are taking can cause nausea or vomiting, you will receive anti-nausea medication (e.g., before every treatment) to minimize the amount you experience. You will also be given a prescription of an anti-nausea medication to take home with you. We review with you how to use it most effectively.

Self-Care Measures:

- Take anti-nausea medication. You may need to take the medication around the clock.
- Eat crackers or hard candy to help prevent dry heaves.
- Eat small frequent meals; stop eating when you are full.
- Drink liquids (eight to ten 8-ounce glasses a day) frequently to avoid dehydration.
- Practice relaxation methods such as listening to soft music, deep breathing techniques, yoga, meditation, or other methods of distraction.

Things to Avoid:

- Fried, greasy, creamy, rich, or spicy foods
- Foods that give off an odor (Sometimes the odors from cooking hot meals may stimulate nausea.)

Contact your physician or nurse if:

- Nausea or vomiting persists, even after proper use of anti-nausea medication.
- You also have constipation, bloating, abdominal pain, or diarrhea