Nausea and vomiting can be caused by many things, including cancer, side effects of cancer treatments, medications, pain, and anxiety.

Eat a small amount of food every 2-3 hours.

Wear loose-fitting clothing.

If you can, ask someone to prepare meals for you to avoid the smell of cooking food.

Avoid spicy foods and foods that are overly sweet.

Eat solid foods first, then have your drinks after.

Sip small amounts of liquids throughout the day to stay hydrated. You may find that cool liquids are better than hot or cold liquids.

Wear loose-fitting clothing.

Try not to lie down for at least one hour after eating. If you need to lie down, try to keep your head and shoulders raised with a pillow.

Nutritional supplement drinks like Ensure® or Boost® can help you get more calories if you feel that you are not eating enough.

CONTACT YOUR HEALTH CARE PROVIDER IF:

- You are feeling severe nausea and/or you cannot hold down food and drinks.
- You are feeling weak or dizzy.

For more resources, visit the Canadian Gastric Cancer Association’s Nutrition Resource page: http://gastriccancer.ca/patient/informational-resources/nutrition/