

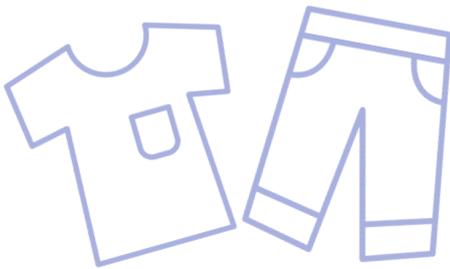
NAUSEA AND VOMITING

ABOUT NAUSEA AND VOMITING

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"

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.

TIPS FOR MANAGING NAUSEA AND VOMITING

- Eat a small amount of food every 2-3 hours. Having an empty stomach can make you feel more nauseous.
- Dry foods such as crackers, toast, and cereal can be easier on the stomach.
- Avoid food and drinks with strong smells. Open a window to get some fresh air and decrease food smells in the room.
- 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.
- Brush your teeth before and after eating to get rid of tastes in your mouth.
- 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.