

Reducing Barriers to Pain and Fatigue Management

Nausea and Vomiting

Managing Side Effects:

- Try to eat small frequent meals instead of 3 larger meals
- Eat foods high in calories and protein
- Try eating when you are best able to eat. Some people are more hungry at breakfast time
- Let your doctor or nurse know when eating is a problem for you
- Let your doctor or nurse know if you would like a referral to see the dietitian
- Let your doctor or nurse know when your nausea and vomiting are not relieved

To Help Manage or Reduce Nausea and Vomiting

- Key is to try and prevent nausea. Take medications for nausea on a regular schedule.
- Eat foods and drink beverages that are easy on the stomach or made you feel better when you had the flu, such as ginger ale, bland foods, sour candy, dry crackers or toast
- Do NOT force yourself to eat when you feel nauseated
- Restrict fluids with meals
- Eat food cold or at room temperature
- Ask someone else to make the meals if you are nauseated

Please ask your physician to refer you to a dietitian if you:

- Have had minimal intake for 5 days or more
- Have difficulties with chewing or swallowing
- Are receiving tube feedings or IV nutrition (TPN)
- Have a pressure ulcer or skin breakdown
- Are not able to maintain weight
- Wish to see a dietitian about your nutrition concerns

Drug	Dose	Schedule

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Nausea and Vomiting

Nausea and Vomiting:

- Can often occur together
- Nausea is an unpleasant feeling in the back of the throat and stomach that may result in vomiting. Increased saliva, dizziness, light-headedness, difficulty swallowing, skin temperature changes, and fast heart rate are symptoms that may occur during nausea.
- Vomiting (emesis) is a forceful contraction of the stomach muscles that causes the contents of the stomach to come up through the mouth. Nausea may or may not be present.
- Retching is the attempt to vomit without bringing anything up from the stomach (gagging or dry heaves)

Causes of Nausea and Vomiting

- Chemotherapy
- Radiation therapy
- The cancer itself
- Certain medicines
- Constipation
- Other: anxiety, infections, other diseases or illnesses

Types of Nausea and Vomiting

- Acute nausea and vomiting usually occurs a few minutes to several hours after chemotherapy and goes away within 24 hours.
- Delayed nausea and vomiting occurs around 24-72 hours after chemotherapy and can last 6-7 days.

How is Nausea and Vomiting Treated?

- Anti-nausea/vomiting medications
 - Based on your condition, ability, preference
 - By mouth is most common
 - For severe vomiting or for those unable to swallow, medicines can be given into a vein
- Nondrug treatments such as relaxation, distraction, imagery, and meditation



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