

# Nausea and Vomiting



“I take medicine so I won’t feel sick to my stomach or vomit. My doctor and I had to try a few different kinds of medicine before we found one that worked for me.”

**Call your doctor or nurse if the medicine is not working and you have nausea or vomiting.**

## What are nausea and vomiting?

Nausea is when you feel sick to your stomach, like you are going to throw up. Vomiting is when you throw up. You will most likely feel better on days you don’t get chemotherapy.

## Take these steps to feel better:

### Take your anti-nausea medicine.

- Talk with your doctor or nurse to make sure you are taking your medicine the right way.
- It’s very important to take your medicine—even on days you are feeling well.

### Stay away from some foods.

- Eat less greasy, fried, salty, sweet, or spicy foods if you feel sick after eating them.
- If the smell of food bothers you, ask others to cook for you. Then let the food cool down before you eat it.

### Have enough to eat and drink.




- Take small sips of water during the day, if you find it hard to drink a full glass at one time.
- Eat 5 or 6 small meals during the day, instead of 3 big meals.

**Choose foods from the list on the other side of this sheet.**

### On days you get treatment:

- Talk with your nurse to learn about ways to relax if you feel sick before treatment.
- Learn the best time for you to eat and drink. Some people feel better when they eat a little just before treatment. Others feel better when they have nothing to eat or drink before treatment.
- After treatment, wait at least 1 hour before you eat or drink.

## These foods and drinks may be easy on your stomach:

Soups	Drinks	Main meals and snacks	Fruits and sweets
<ul style="list-style-type: none"> <li>• Clear broth, such as chicken, beef, and vegetable</li> </ul> 	<ul style="list-style-type: none"> <li>• Clear soda, such as ginger ale</li> <li>• Cranberry or grape juice</li> <li>• Oral rehydration drinks, such as Pedialyte®</li> <li>• Tea</li> <li>• Water</li> </ul> 	<ul style="list-style-type: none"> <li>• Chicken—broiled or baked without the skin</li> <li>• Cream of Wheat® or Cream of Rice® cereal</li> <li>• Crackers or pretzels</li> <li>• Oatmeal</li> <li>• Pasta or noodles</li> <li>• Potatoes—boiled, without the skin</li> <li>• White rice</li> <li>• White toast</li> </ul>	<ul style="list-style-type: none"> <li>• Bananas</li> <li>• Canned fruit such as applesauce, peaches, and pears</li> <li>• Gelatin (Jell-O®)</li> <li>• Popsicles and sherbet</li> <li>• Yogurt (plain or vanilla)</li> </ul> 

### Questions to ask your doctor or nurse:

1. What problems should I call you about?
2. What foods should I try to eat more of?
3. How much liquid should I try to drink every day?
4. What medicine can help? When should I take it?
5. Can you give me the name of someone who can tell me about acupuncture or other things that can help prevent nausea?
6. Can you give me the name of a nutritionist, so I can learn more about what foods to eat?

#### FREE SERVICES TO LEARN MORE

##### National Cancer Institute Cancer Information Service

**Phone:** 1-800-4-CANCER (1-800-422-6237)  
**TTY:** 1-800-332-8615  
**Online:** [www.cancer.gov](http://www.cancer.gov)  
**Chat Online:** [www.cancer.gov/help](http://www.cancer.gov/help)



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