

Practical hints for patients

Managing Nausea and Vomiting during Chemotherapy



Daily life

- Try engaging in relaxing activities such as reading, working puzzles, doing yoga, watching TV, or listening to music
- Alternative therapies such as self-hypnosis, guided imagery, progressive muscle relaxation, acupuncture, or acupressure may also help
- Avoid odours that may upset your stomach such as some cooking odours, smoke, or perfume
- Avoid lying flat for at least 2 hours following meals
- Keep the living space at a comfortable temperature with plenty of fresh air



Drinking

- Keep hydrated
- Drink clear liquids such as sports drinks, lemon-lime sodas, ...-cola sodas, or unsweetened fruit juices (NB: grapefruit juice is incompatible with some cancer treatments)
- Slowly sip fluids throughout the day
- Avoid caffeine and alcohol



Eating

- Eat before cancer treatments
- Eat small meals several times a day
- Don't eat in a room that has unpleasant odours or that is very warm
- Rinse out the mouth before and after eating
- Start with bland foods such as dry toast or soda crackers
- Eat foods that are bland, soft, and easy-to-digest, rather than heavy meals



Other tips

- Between meals crackers, bread sticks, or toasts can relieve nausea
- Ginger-based (ginger ale or ginger root) drinks or foods may also be useful
- Suck on hard candies such as peppermints or lemon drops if the mouth has a bad taste
- Avoid favourite foods on days you are sick so they don't become nausea triggers



**Notify your doctor if nausea and vomiting occurs.
If you cannot keep anything down, you might consider admission for intravenous hydration.**