
Nausea and Vomiting

Nausea (upset stomach) and vomiting (“throwing up”) are common side effects of cancer treatment. While this makes it difficult to eat, it is important to continue to try to eat so you can stay nourished. In most cases, these side effects are temporary, and will get better when your treatment is over.

Try these suggestions if you experience nausea and vomiting:

- ❖ Eat foods that do not have strong smells. Hot foods tend to have more odor than room temperature or cold items. Avoid very sweet, spicy, fried, or greasy foods.
- ❖ Eat small meals or snacks every 2-3 hours throughout the day instead of three large meals.
- ❖ Eat dry foods (crackers, dry cereal, toast). Choose the foods that sound good to you.
- ❖ Sip water, juices, or other clear liquids often during the day.
- ❖ Nutritional supplements are a good source of calories and protein, and may be better tolerated than solid foods. Try different brands and flavors to see which one works best for you.
- ❖ Have frozen or prepared meals on hand so you do not have to cook when you feel nauseated. Keep small portions of your favorite foods on hand.
- ❖ Chewing gum or candy, especially tart candy, may help control nausea.



Additional tips to consider:

- ❖ Try to wait at least two hours after eating before lying down.
- ❖ Wear loose-fitting clothes.
- ❖ Rinse your mouth before and after meals.
- ❖ Eat more between treatments when your appetite is better.
- ❖ Try slow, deep breathing to calm your stomach.



Staying hydrated is very important. Try to drink 8 or more cups of liquid daily. For every episode of vomiting, drink 1/2-1 cup more liquid to prevent dehydration.

If these problems persist, talk to your health care team about other treatments or medicines that may help control nausea and vomiting.