

# Nausea and Vomiting

During and after chemotherapy and even radiation treatment, some people may experience nausea and vomiting. Not everyone will have these side effects, and for many patients, this is only a temporary problem that subsides as their body adjusts to treatment or the treatment is completed.

## **Diet:**

1. Experiment with various eating patterns. Small meals and small portions eaten throughout the day keep the stomach from feeling too full and are digested more easily.
2. Avoid drinking liquids with meals to prevent filling up your stomach. Instead drink fluids one hour before or one hour after meals.
3. Drink cool, clear unsweetened beverages such as clear soup, soda, popsicles, or ice cubes made with juice. Sip slowly through a straw. Be sure to drink plenty of liquids even if you can't eat solid food.
4. Try eating dry foods such as toast and crackers, especially in the morning to ease an upset stomach.
5. Experiment with sour foods such as lemon, pickles, hard sour candies or lemon sherbert.
6. Avoid sweet, highly salted, fatty, spicy foods and foods with strong odors.
7. Eat cold foods or those served at room temperature like sandwiches, cottage cheese, cereal, or desserts. Cold foods are usually better tolerated than hot foods.

# Nausea and Vomiting

## **Activity:**

1. Stay out of the kitchen while your food is being prepared if smells make you nauseated. Let someone else do the cooking. Take a walk or sit in another room.
2. On the days you feel well, prepare several meal-size dishes and freeze for days when you don't feel like cooking.
3. Don't lie down flat for at least 2 hours after eating. It may help to rest after eating since activity can slow down digestion and increase discomfort. If you wish to rest, sit in a comfortable chair and try to fall asleep.
4. Use relaxation techniques. Try breathing through your mouth when you feel nauseated.
5. Practice good oral hygiene and be sure to clean your mouth after each vomiting.