


# nausea

A person can have **nausea with or without vomiting**. If it's caused by chemo, nausea can happen on the day you get your treatment and/or can last for a few days – depending on what drugs you get. If you're getting **radiation therapy** to the belly, chest, brain, or pelvis, nausea can start shortly after treatment and last for several hours. Nausea and vomiting can have other causes, too.

Be sure to tell your cancer care team if you have nausea or are vomiting because there are medicines that can help. These medicines should be taken on a regular schedule, or around the clock, as prescribed by your doctor. And if a certain medicine doesn't work, your cancer care team may be able to recommend another one. It may take a few tries to find the medicines that work best for you.

## WHAT TO DO

- Eat 6 to 8 snacks or small meals a day, instead of 3 large meals.
- Eat dry foods, like crackers, toast, dry cereals, or bread sticks, when you wake up and every few hours during the day.
- Eat foods that don't have strong odors.
- Eat cool foods instead of hot or spicy foods.
- Avoid foods that are overly sweet, greasy, fried, or spicy.
- If you need to rest, sit up or recline with your head raised for at least an hour after eating.
- Sip clear liquids frequently to prevent dehydration. Clear liquids include broth, sport drinks, water, juice, gelatin, and popsicles.
- Ask your doctor about medicines to prevent or stop nausea.
- Try bland, soft, easy-to-digest foods on scheduled treatment days. Foods like Cream of Wheat and chicken noodle soup with saltine crackers may settle the stomach better than heavy meals.
- Avoid eating in a room that's warm, or that has cooking odors or other smells. Cook outside on the grill or use boiling bags to reduce cooking odors.
- Suck on hard candy, like peppermint or lemon, if there's a bad taste in your mouth.
- If you're vomiting, dehydration can become a problem. You'll need to drink clear liquids as often as possible during this time. After you have vomited, rinse your mouth, wait for about 30 minutes, then try to drink sips of a clear liquid like apple juice, cranberry juice, flat soda, or broth, or take bites of frozen flavored ice.



If you have any questions please contact or  
make an appointment with our dietitian at  
**505-727-3040**

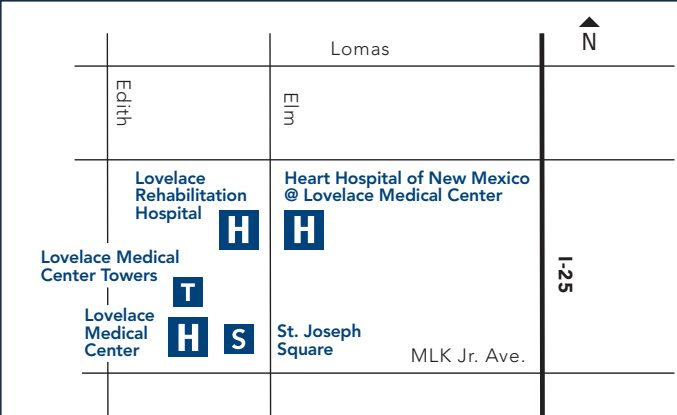
WHAT TO EAT OR NOT EAT ON DAYS THAT YOU HAVE NAUSEA\*

	EAT	FOODS THAT MAY CAUSE PROBLEMS
HIGH PROTEIN	Boiled or baked meat, fish, and poultry; cold meat or fish salad  Eggs  Cream soups made with low-fat milk  Non-fat yogurt	Fatty and fried meats, like sausage or bacon  Fried eggs  Milk shakes (unless made with low-fat milk and ice cream)
BREADS, CEREALS, RICE, AND PASTA	Saltines, soda crackers, bread, toast, cold cereal, English muffins, bagels  Plain noodles, rice	Doughnuts, pastries, waffles, pancakes, muffins
FRUITS AND VEGETABLES	Potatoes (baked, boiled, or mashed)  Juices  Canned or fresh fruits, vegetables as tolerated (do not eat if appetite is poor or nausea is severe)	Potato chips, French fries, hash browns  Breaded, fried, or creamed vegetables; vegetables with strong odor
DRINKS, DESSERTS, AND OTHER FOODS	Cold fruit-ades, decaffeinated soft drinks, iced decaf tea, sports drinks  Sherbet, fruit-flavored gelatin  Angel food cake, sponge cake; vanilla wafers  Pudding  Popsicles, juice bars, fruit ices  Pretzels  Butter or margarine in small amounts, fat-skimmed gravy  Salt, cinnamon, spices as tolerated	Alcohol  Coffee  Pie, ice cream, rich cakes  Spicy salad dressings  Olives  Cream  Pepper, chili powder, onion, hot sauce, seasoning mixtures

About Us

With over 37 years of experience, Hematology Oncology Associates is committed to providing the best cancer care possible for their patients. Hematology Oncology Associates is a Quality Oncology Practice Initiatives (QOPI) certified site that demonstrates rigorous standards for quality cancer care and safety measures established by the American Society of Clinical Oncology (ASCO) and the Oncology Nursing Society (ONS).

We gladly accept most major insurance plans, including Blue Cross and Blue Shield, Molina Healthcare, TRICARE, UnitedHealthcare Community Plan, United Retiree Health Care Authority, Medicaid, Medicare, and many others.



CONTACT US

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