

Medical Oncology

Nausea and Vomiting Information Sheet

Helpful Tips for Nausea:

- Try eating bland, soft, or dry foods such as crackers or toast.
- Avoid strong odors including perfumes, foods, cleaning supplies.
- Avoid spicy, greasy or very sweet foods.
- Eat slower.
- Try eating 5 or 6 small meals and snacks, instead of 3 large meals.
- Avoid drinking large amounts with meals.
- Try not to eat your “favorite food” when you are nauseated. This could cause you to permanently dislike the food.
- Eat a light meal before your treatment.
- Have someone else make your food for you.
- Rest after meals. This allows time for digestion.
- Do not lie down flat for one hour after a meal or snack.
- Use distraction or relaxation to help.
- Try ginger or peppermint, tea and candies.
- Inhale ginger or peppermint essential oils using a diffuser.
- Take the anti-nausea medicine your doctor prescribed to you.

Vomiting

The best way to avoid vomiting is by controlling nausea. If you do vomit, it is important to keep your body from becoming dehydrated.

- Do not eat or drink until you have vomiting under control.
- Once your vomiting is controlled, try drinking clear liquids, such as water, sports drink or broth.
- Begin with one teaspoon every 10 minutes, increase amount to one tablespoon every 20 minutes and finally try 2 tablespoons every 30 minutes.
- If you feel like you can eat food, begin with bland, low fat foods like crackers or toast.

Medical Oncology

Nausea and Vomiting Information Sheet

When you vomit, you lose electrolytes, such as potassium and sodium. If you continue to vomit and do not replace these lost electrolytes, it becomes difficult for your body to function properly. Here are some suggestions of foods and drinks that are rich in electrolytes:

- Bananas
- Sports drinks
- Boiled or mashed potatoes
- Peaches or peach nectar
- Fat-free broth or bouillon
- Pedialyte[®] drink or popsicles
- Juice

Call Your Doctor or Nurse:

- If you vomit more than 3 times in a day.
- If you are taking anti-nausea medicine and you are still nauseated or vomiting.
- If you are very weak or dizzy.
- If what you vomit looks like coffee grounds or is bloody.
- If you are losing weight from vomiting.
- If you have no appetite or are unable to eat or drink for 24 hours.

Clear Liquids

This list may help if you have vomiting, diarrhea, urinary, kidney, or bladder changes.

SOUPS:

- Bouillon
- Clear, fat-free broth
- Consommé

DRINKS:

- Clear apple juice
- Fruit-flavored drinks
- Fruit punch
- Clear carbonated beverages
- Fruit juice, such as cranberry or grape
- Weak tea with no caffeine
- Water
- Sports drinks

SWEETS:

- Honey
- Jelly
- Fruit ices made without fruit pieces or milk
- Gelatin
- Popsicles

Refer to the *Chemotherapy/Immunotherapy Patient Guide* book for additional information.

If you have questions or concerns, please call your care team at:
Bronson Cancer Center – Battle Creek 269-245-8660
Bronson Cancer Center – Kalamazoo 269-286-7170