

Nausea and Vomiting

Information for Patients on Cancer Treatment

Nausea is the feeling of needing to throw up. It can also cause you to have more saliva in your mouth, cold skin, and a fast heart beat.

Vomiting happens when you throw up food and liquid in your stomach.

There are many causes of nausea, including:

- Cancer treatment
- Anxiety
- Pain
- Medications
- Constipation
- Infection

What can I do if I have nausea or vomiting?

- Avoid strong smells like perfume
- Eat simple, bland foods that you like, such as crackers and toast, to soothe your stomach
- Eat smaller meals often during the day
- Drink 6 to 8 cups of water per day, or suck ice chips or popsicles if you find it hard to drink water
- Drink ginger tea
- Avoid foods high in fats and grease
- Do not lie down for 30 to 60 minutes after meals
- If you vomited, brush your teeth and use a homemade mouthwash recipe (next page)

Your doctor may prescribe anti-nausea medications. Follow the instructions on the bottle and take them as soon as you feel nauseous.

Mouthwash Recipe

- 4 to 6 cups (1 litre) of warm water
- 1 teaspoon of baking soda
- 1 teaspoon of table salt

If you feel nauseous after eating, take your anti-nausea medications 30-60 minutes before meals.

Maintaining your weight and appetite is important in helping you get through your cancer treatment.

Call our Registered Dietitian at (416) 469-6580 ext. 3876 if your nausea is impacting your appetite.

Call the Clinic Nurse at (416) 469-6580 ext. 2752 if your anti-nausea medications are not helping you.

Go to your nearest **Emergency Department** if:

- You have a fever with nausea or vomiting
- You cannot keep food, drink, or medicine down for over 24 hours
- You have a severe headache with nausea
- You are weak, dizzy, or confused after vomiting
- You throw up bright red blood or dark red blood that looks like coffee grounds