What Should I Do If I Have Nausea?

• Fill your prescription for antinausea medicine.
• Take your antinausea medicine as prescribed.
• Eat five or six small meals throughout the day instead of one or two large meals.
• Choose foods that are low in fat.
• Choose cool foods rather than hot.
• Take medicine to control pain as prescribed.
• Breathe deeply and slowly to help ease nausea.
• Take good care of your mouth. Brush your teeth three times a day and rinse with salt water solution.

• Use distraction techniques such as walking, listening to music, or other enjoyable activities.
• Turn lights low.
• Try fanning cool air on your face.
• Drink plenty of fluids.

When Should I Call My Doctor or Nurse?

Call your health care provider if any of the following situations occur:

• You are unable to keep down a significant amount of fluid for 24 hours.
• You have vomited more than six times in 24 hours.
• You have nausea and vomiting continuing after taking antinausea medication around the clock for 24 hours.
• Your symptoms of nausea or vomiting do not follow their usual pattern.

Helpful Suggestions

• Keep track of when your nausea occurs, what seemed to start it, and what helps ease it.
• Give your health care provider a list of all medications you take. Some medicines can cause nausea.
• Have someone with you the first time you take antinausea medicine. Many antinausea medicines can make you sleepy.

Nausea and vomiting have many causes, which may be the cancer itself, chemotherapy, or radiation to the stomach area.

How Is Nausea Treated?

Nausea is treated with antinausea medicines (called antiemetics). You may need more than one medicine to find relief. Your health care team will help you find the best medicine for you.

For more patient education information, call 1-888-424-2100 toll free or go to www.huntsmancancer.org
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