



# NYUCancerInstitute

## P A T I E N T I N F O R M A T I O N

The side effects listed below are those that occur most frequently. Other side effects may occur; please contact your doctor or oncology nurse to report any medical problems.

Dose\_\_\_\_\_

### Nausea / Vomiting

Chemotherapy may cause nausea and vomiting.

The following suggestions may be helpful in managing nausea/vomiting if it occurs:

- a. Take medications as prescribed by your doctor to relieve nausea.
- b. If possible, sleep during the hours when nausea or vomiting is present.
- c. Try breathing fresh air through your mouth. Sit by an open window or go outdoors.
- d. Use relaxation techniques.
- e. Eat cold foods or those served at room temperature such as a sandwich, cottage cheese, cereal, and desserts. The odor of hot foods can aggravate nausea.
- f. The odor of preparing and cooking food can aggravate the feeling of nausea. If possible, have someone else prepare food.
- g. Eat small meals throughout the day so your stomach won't feel too full.
- h. Avoid liquids at mealtime to prevent over filling your stomach.
- i. Minimize sights, sounds, or smells that can initiate nausea or vomiting.
- j. Drink cool, clear unsweetened beverages such as apple juice or Ginger ale (*after letting it go flat*).
- k. Eat dry foods like toast, dry cereal, or crackers and chew your food well.
- l. Sitting upright while eating rather than reclining may help. Rest after eating.
- m. Experiment with various eating patterns. For example, avoid heavy meals immediately after treatment.