

Nausea and Vomiting

Cancer treatment causes nausea and vomiting. Controlling these symptoms will help you to feel better and prevent more serious problems such as malnutrition and dehydration.

TRY THIS

Stay hydrated. Drink fluids and eat foods with lots of water, like fruits or soup.

Fast before and after treatment. Don't eat for one hour before and after treatment.

Avoid foods that irritate your mouth. Stay away from foods that are crunchy, salty, spicy, or sugary. Also avoid alcohol and tobacco.

CHECK THIS OUT

Visit the Springboard page on Nausea and Vomiting.

<https://survivorship.cancer.gov/springboard/symptoms/nausea>

Listen to this audio recording for tips to manage nausea and vomiting.

<http://go.usa.gov/xxJsQ>

Learn about anti-nausea/vomiting (antiemetic) medicines.

<http://goo.gl/6R08hl>

Get tips your caregivers can use to help you stay hydrated.

<http://goo.gl/vrCKbr>