

Nausea and Vomiting (Page 1 of 2)

Nausea and vomiting

Two of the most common side effects of chemotherapy are nausea and vomiting. Fortunately, they have become less common and severe with the development of new medications that prevent or lessen nausea or vomiting in most patients. Finding the best combination of drugs, however, takes time; so patients should inform their doctors and nurses about how much nausea and vomiting they are experiencing.

How do nausea and vomiting typically affect patients?

Nausea and vomiting most commonly start a few hours after chemotherapy and last only a short time. In some patients, nausea and vomiting can be severe and last a few days.

In about half of patients, nausea occurs even before chemotherapy begins, as they anticipate treatment. Physicians may start patients on medicines beforehand to limit these side effects.

What can I do for nausea and vomiting?

- Change the way you drink
 - Drink at least an hour before or after meals—instead of during meals—if you can
 - Drink often, but slowly and in small amounts
 - Drink cool, unsweetened fruit juices (such as apple juice), or light-colored soft drinks (such as ginger ale) that have gone flat (lost their fizz)

Name: _____

Institution/Group: _____

Phone: _____

Notes: _____

Tell your doctor or nurse if you are very nauseated, have vomited for more than 1 day, or if you cannot keep liquids down.

The information contained herein is not comprehensive and is intended only as a guide.

