

Treatment of nausea

Nausea caused by the medical treatment for cancer can manifest as loss of appetite, feeling sick or nauseous, or, in the worst cases, vomiting.

There are several anti-nausea medications available to help prevent and control nausea. Use the medication according to the instructions. Anti-nausea medication is most effective when it is started when symptoms are mild.

If you are still experiencing severe nausea despite taking anti-nausea medication, please inform your nurse or doctor. The medication can be adjusted if necessary.

Non-pharmaceutical means to ease the symptoms

- Eat small portions more frequently to prevent the stomach from becoming completely empty.
- Try eating dried bread, toasted bread, cream crackers, or saltines throughout the day.
- Try eating slightly sour foods, such as food items pickled in vinegar and carbonated drinks.
- Make your mealtime a calm experience. Eat slowly and ensure thorough chewing.
- Try eating your meals cold or at room temperature. The smell of warm food and cooking can cause loss of appetite and nausea.
- If you don't have an appetite for your usual meals, eat whatever you feel like eating.
- It is better to drink in between meals rather than with a meal.
- Sit down and rest for a while after a meal.
- Avoid greasy, sweet, and spicy foods as well as large meals.
- Consider eliminating dairy from your diet.
- It is best to eat normally before you come in for treatment.

If the loss of appetite and nausea are affecting your ability to maintain proper nutrition, you can receive guidance from a clinical dietitian.