

## Managing Nausea from Cancer Treatments

Nausea is an unsettled feeling in your stomach, and you may feel like you are going to throw up (vomit). It is a side effect of chemotherapy that can be treated. It is not something you have to live with. If, when and how much nausea you have will depend on which chemotherapy you received.

Your doctors and nurses try to lessen or relieve nausea with anti-nausea medicines that you get based on your chemotherapy.

### Ways to Manage Nausea

- Eat small meals and snacks. Try eating 5-6 small meals a day rather than 3 large meals.
- Eat and drink food that is gentle on your stomach such as plain crackers, cereal, toast, gelatin, and flat soda at room temperature.
- Avoid drinking a lot before and during meals. Have sips of fluid throughout the day.
- Avoid eating and drinking food that is too hot or too cold.
- Avoid lying down after you eat.
- Avoid strong smells.
- Suck on small bites of ice or popsicles.
- Suck on mints or tart candies.
- Relaxation/meditation.
- Slow deep breaths.
- Meet with a registered dietitian at UW Carbone Cancer Center for tips to manage nausea.

### Anti-nausea Medicines

You take these medicines to lessen or relieve nausea. They are prescribed as “schedule/routine” or “as needed.”

Take **routine** anti-nausea medicine on time as prescribed. Take even if you do not have nausea.

Take **“as needed”** anti-nausea medicine as soon as you first feel nausea. If you wait until your nausea gets worse, the anti-nausea medicine will not work as well.

### When to Call

- Nausea is not controlled even when using anti-nausea medicine.
- You cannot take your medicine because of nausea or vomiting.

### Who to Call

UW Carbone Cancer Center, Madison  
**(608) 265-1700**

1 S Park Clinic, Madison  
**(608) 287-2000**

UW Carbone Cancer Center, Johnson Creek  
**(920) 699-3500**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6569