

When you are having cancer treatments, you may feel sick to your stomach (like you want to throw up). This is called **nausea**.

Your cancer treatment may also make you **vomit**, or throw up. You may have nausea without vomiting. Or you may vomit, after a few hours, a day, or even longer after you have cancer treatment.

Your cancer, the drugs you are taking to control the pain, or being constipated (if you cannot have a bowel movement) may also cause nausea and vomiting.



## What should I do if I have nausea or vomit after my treatment?

You should tell your health care team. Your doctor may prescribe a medicine, or tablets to get rid of your nausea and vomiting. This medicine is called an **anti-emetic**.

It can help to control or get rid of your nausea and vomiting.

## How can I cope with nausea and vomiting?

- Talk to your doctor, nurse, or pharmacist about medicines (anti-emetics) to control your nausea and vomiting.
- If your doctor prescribes medicine for you, take it when you are supposed to.
- Change the time of day that you receive treatments to see if it helps how you feel after treatment.
- Wear clothes that are loose around your stomach.
- Eat slowly. Eat many small and light meals.
- Avoid hot, fatty, and spicy foods.
- Drink lots of fluids.
- If the smell of certain foods makes you feel sick to your stomach, try to have someone else cook the meal.
- Try to focus on things other than eating, such as reading, listening to music, and other things that help you relax.
- Get lots of rest.

## Questions to ask your health care team

- Will the treatment upset my stomach?
- What medicine should I take?
- If I have nausea and/or vomiting, should I tell you about it right away? Or should I wait until my next appointment?
- Can I meet with a dietitian or nutritionist to discuss what kinds of food I should eat?



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This fact sheet is meant to support the information that your health care team gives you. It is also meant to encourage you to ask questions to your health care team. This fact sheet does **not** replace any information that your healthcare team gives you.

Living Well With Cancer is a partnership among several people living with cancer, health care professionals, people who represent cancer and professional organizations, and Ortho Biotech. The LWWC partnership gratefully acknowledges the input of the QEII Health Sciences Centre in this fact sheet.

Living Well With Cancer Information Centre

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Printed in Canada. May 2001.

LWWC111E-2001