

Managing Nausea and Vomiting

What is nausea and vomiting?

- Nausea is an uneasy feeling you might get before throwing up.
- Vomiting is when your stomach empties out its contents.
- Nausea and vomiting can happen because of your illness or treatment. Your care team will work to find out what's causing it and help you feel better.

How can you do to help with nausea and vomiting?

There are many ways to treat nausea and vomiting. Talk to your care team about what's best for you. Options might include:

- Brush your teeth or rinse your mouth often.
- Drink sports drinks like Gatorade instead of acidic juices or caffeinated drinks.
- Eat small amounts of salty foods like crackers or chicken broth.
- Stay away from fried or creamy foods, which can make nausea worse.
- Eat small meals more often and ask for foods you like.
- Avoid strong smells like perfumes, cleaning products, or certain foods.
- Don't eat right after throwing up. Start with small sips of water or ice chips.
- Keep the room cool and use a fan for fresh air.
- Try relaxing activities like puzzles, drawing, or reading.
- Use calming techniques like massage or imagining peaceful places.

What should you tell your care team?

- How often you feel sick or throw up and how much comes out
- What the vomit looks like
- If you felt dizzy, confused or faint