

Managing nausea and vomiting during treatment

1 What to do when you experience nausea or vomiting



Nausea

A feeling of sickness in the stomach that may lead to vomiting.



Vomiting

The emptying of the stomach contents through the mouth.

2 Prevention of nausea and vomiting

- Take the medication as prescribed by your treating doctor to prevent nausea regularly
- Eat small but frequent meals
- Limit your intake of spicy, greasy foods and foods with strong smells
- Eat food at room temperature or cold, if you prefer
- Avoid alcohol and excess coffee
- Rest, but do not lie down flat on your back
- Try focusing your attention on something else like watching TV, listening to music, reading or getting some fresh air
- Ask someone else to prepare food for you if possible
- If nausea does not settle with medication and it lasts longer than 48 hours, consult your doctor
- If your vomiting persists even though you're prescribed nausea medication, your doctor may need to change your treatment

3 Managing your nausea and vomiting with medication

Your doctor will prescribe anti-nausea medication, depending on which chemotherapy you are receiving. Many long-acting anti-nausea medications run through drips, so you may go home with few, or no, tablets.

4 Instructions for taking your medication



Take your medication with food unless you are instructed otherwise.



Take the amount prescribed by your doctor, at the frequency prescribed – ask the pharmacist to explain this to you and read the medication label if you are unsure.

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If you vomit within one hour after taking this medication, you may take another dose.



If you have diabetes, you should monitor your blood sugar level closely. Some medications may increase your blood sugar levels. If you notice a rapid increase in the results of your blood sugar, consult your doctor.



Tell any new doctor or dentist that you visit that you are taking this medication.



Store all medication away from heat and bright light. Keep out of reach of children.

5 Potential common side-effects include

Consult your doctor if you have any of these signs of infection:



Nausea; heartburn; stomach pain. If your stools become black and tarry, consult your doctor.



Headache



Difficulty sleeping



Increased blood sugar readings

Life Oncology

www.lifehealthcare.co.za

