

# Understanding and Managing Nausea and Vomiting



You may worry that your chemotherapy regimen will make you sick to your stomach. While chemotherapy-induced nausea and vomiting (CINV) is a common and distressing side effect of chemotherapy, it's important to know that your healthcare team can help you achieve excellent control over your CINV so you can feel better, enjoy daily activities, and continue cancer treatment.

## Types of CINV Include:

**Acute:** Occurs and ends within 24 hr after starting chemotherapy.

**Delayed:** Occurs more than 24 hr after starting chemotherapy. Nausea can last several days and up to 1 week.

**Anticipatory:** Triggered by certain smells, sights, and sounds (eg, in the clinic or treatment room).

**Chronic:** Occurs in advanced cancer.

## Tips to Reduce Symptoms

- Eat lightly on treatment days
- Eat 5 or 6 small meals daily
- Eat slowly; rest upright for 2 hr after meals
- Drink liquids 30 min before a meal
- Drink clear liquids; ginger and peppermint teas may be soothing
- Eat frozen grapes or melons, which are nutritious and help to replace lost fluids
- Avoid spicy or greasy foods, alcohol, and caffeine
- Avoid exposure to odors from cigarette smoke, cooking, and perfumes

## Medication to Control CINV

**Your healthcare provider is sharing this information to help you to manage CINV, feel better, and be less anxious about chemotherapy.**

If you have CINV, you may be treated with one or more of the following anti-nausea drugs: prochlorperazine, droperidol, haloperidol, metoclopramide, aprepitant, ondansetron, granisetron, dolasetron, palonosetron, dexamethasone, methylprednisolone, dronabinol, lorazepam, midazolam, alprazolam, olanzapine.

These anti-nausea drugs may be given intravenously, or in a pill form; granisetron is also available in a patch. The patch delivers anti-nausea medication continuously.

This could be a benefit if you have difficulty swallowing a pill or managing your medication.

Your healthcare provider will help you determine which option is best for you.

## Call Your Doctor or Clinician if

- You cannot eat or drink
- Your nausea lasts more than 24 hr
- You have more than 2 vomiting episodes/ 24 hr while taking anti-nausea medication
- Your vomiting is severe
- You are lightheaded or dizzy
- Your urine is dark yellow
- You experience weight loss
- You have any questions about CINV