

Tips for Nausea and Vomiting While on Chemotherapy

Things you can do on your own



Understand what might be making you feel sick:

- Keep a diary tracking when your nausea is worst in your chemotherapy cycle
- Record what triggers your nausea

Eat and drink well:

- Eat small, frequent meals
- Ensure adequate hydration
- Avoid greasy or fatty foods, like fried foods
- Take oral nutritional supplements as per dietician advice
- Try sucking on hard candies made with lemon or ginger
- Stay away from strong smells

Get comfortable:

- Wear loose-fitting clothes

Medications:

- Ensure you take the regular anti-emetics as prescribed (if any)
- Take the prescribed standby anti-emetics on top of regular anti-emetics if needed
- You may find that you need to take medications on particular days of your chemotherapy cycle



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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When to seek medical attention



- If you are taking anti-nausea medication as prescribed and it is not working, or it stops working
- If there is blood, or something that looks like coffee grounds in your vomit
- If you cannot keep anything (food, water, or medicines) down because of your vomiting
- If you go a day without drinking any fluids
- If you have not passed any gas for a day or more
- If you have severe nausea or vomiting
- If you have abdominal pain
- If you are dehydrated. Signs of dehydration include:
 - Feeling weak, dizzy, or lightheaded
 - Having dark yellow or very little urine
 - Having a dry mouth/being thirsty



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