

HOW TO MANAGE NAUSEA AT HOME

It's important to eat enough to maintain a healthy weight and drink enough to stay hydrated. Fortunately, most nausea from chemotherapy can be managed well with the medications and the other options we have today. Talk with your oncologist if you are having problems.



HOW TO MANAGE NAUSEA AT HOME



Eat and drink enough to stay healthy

- Sip on water and fluids all day long.
- Snack on small meals throughout the day and before bed.
- Eat foods at room temperature or cold.
- Avoid fried, fatty, spicy, or very sweet foods, and anything with a strong smell.
- These foods may help:
 - Clear liquids like ginger ale, apple juice, broth, water, or Pedialyte
 - Popsicles, Jello, or sherbet
 - Hard candies with pleasing smells
 - Dry toast, crackers, or pretzels
 - Cream of Wheat cereal or oatmeal
 - Noodles, potatoes, or rice
 - Bananas, applesauce, or canned fruit



Try these activities

- Sit up for at least an hour after eating.
- Distract yourself with music, TV, or friends.
- Practice relaxation, meditation, or guided imagery.



Take your medications as directed

- Medications work differently so you may need a changing combination of several medications to find a solution, especially at first. Nausea medications given by IV with your chemotherapy can last up to 2 days.
- Manage constipation with a mild laxative.

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