

My Nausea Medications

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

☐ **Ondansetron (Zofran)**

- › Helps keep nausea from starting
- › May take 1 hour before taking anti-cancer pills
- › Ask your provider about taking it during the first 48 hours after chemotherapy

☐ **Prochlorperazine (Compazine) or Promethazine (Phenergan)**

- › Take at the first sign of nausea
- › May cause drowsiness



(continued on back)



☐ **Olanzapine (Zyprexa)**

- › Sometimes taken with other nausea medications
- › Particularly good if you are also having loss of appetite, anxiety or problems sleeping.
- › Used by non-cancer patients for other conditions, including schizophrenia. Please do not be alarmed by this.

☐ **Lorazepam (Ativan)**

- › Typically given for anxiety but can be given before chemotherapy treatments for patients who have a lot of nausea.

☐ **Dexamethasone**

- › May cause jitters or insomnia
- › Best given in the morning

☐ **Antacids, Proton pump inhibitors, Histamine 2 blockers**

- › Helps decrease the amount of acid in your stomach which can cause or be confused with nausea.